

Ayurvedic Medicine

The Living Tradition

A Guide to Ayurvedic Generic Formulations

Foreword by
Dr. Raghunath A. Mashelkar



Dr. Prakash Paranjpe

Dr. Prakash Parani

Ayurvedic Medicine The Living Tradition

A Guide to Ayurvedic Generic Formulations



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"There is no substance in the world that has no medicinal value, provided you know how to use it" says Charaka.

For procuring medicines various resources were tapped by ancient scholars of Ayurveda. The medicines were systematically classified into three basic groups of plant, animal and mineral origin during the period of Charaka.

Ayurvedic system of medicine could flourish because it had its concomitant materia medica which had been developed to a very advanced level. Ayurvedic medicine, is a vast treasure of Ayurveda. It contains numerous forms and methods of preparing medicines. Designing of various modes and methods for preparing drugs is based upon the basic principles of *Dravyagunarasa Shastra*. It approaches the medicines through a science of energetics. The properties of drugs are related systematically according to the taste, elements, heating or cooling effects, effect after digestion and other special potencies of the ingredients they contain.

The book '**Ayurvedic Medicine – The Living Tradition**' written by Dr. Prakash Paranjpe is a comprehensive treatise on the subject. There was an acute need of a conscious effort to compile most commonly used generic Ayurvedic preparations, and to integrate the Ayurvedic concepts to interpret them in the modern scientific language. This book fulfills the same.

The author has done a commendable job to compile the useful information of various forms of generic Ayurvedic medicines, detailing their composition, actions of ingredients along with their indications in various diseases and ailments. This compilation of most commonly used medicines will be of use to Ayurvedic practitioners, students and researchers as well as to medical and scientific fraternities like pharmacy, botany, biochemistry, microbiology etc. and also to the common man.

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AYURVEDIC MEDICINE THE LIVING TRADITION

(A Guide to Ayurvedic Generic Formulations)

By
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DEDICATION

*This book is dedicated to
The Great Scholar of Ayurveda
Late Vaidya B. P. Nanal
who himself was a
Living Tradition of Ayurveda
since last 50 years*



डॉ. र. अ. माशेलकर, एफ.आर.एस.

महानिदेशक, वै.औ.अ.प.

एवं

सचिव, वैज्ञानिक तथा औद्योगिक अनुसंधान विभाग

(भारत सरकार)

DR. R. A. MASHELKAR, F.R.S.

Director General, CSIR

&

Secretary, Department of Scientific & Industrial Research

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Foreword

It is a great pleasure to write a Foreword to the reference book entitled "Ayurvedic Medicine - The Living Tradition" - A Guide to Ayurvedic Generic Formulations. This book is an original contribution by Dr. Paranjpe. It will be highly useful to many medical practitioners as well as medical students of Ayurveda.

Ayurveda is a great heritage of India. The medical informatics in Ayurveda has not been streamlined like in other sciences. Dr. Paranjpe's book can provide a guide to a wealth of information in the field of herbals used in Ayurvedic formulations. This information comes in an easily understandable and palatable fashion. The various Ayurvedic formulations starting from Churnas to Malams have been described. The index of clinical conditions is particularly valuable. Here, I am reminded of the famous saying in Ayurveda - "*Bahukalpam Bahuguna Sampanam Yogyam Aushadam*".

Ayurveda has never been static. Its practitioners have been innovative and dynamic in the therapeutic practices. Several therapeutically equivalent medicine formulations have been mentioned in the book. Being a student of both Ayurveda and modern medical science, Dr. Paranjpe has been able to amalgamate the essence of both the medical fields in his scientific scrutiny of various formulations used in clinical practice. This is the need of the hour.

Ayurveda literally means 'science of life'. It encompasses the total sweep of life sciences and pursues the quest for understanding life in all its ramifications. Twentieth Century has revealed some of the greatest insights into our understanding of life at increasingly higher levels of organization - molecular, sub cellular, organelles, cells, tissues, organs, organisms, species and ecosystems - the most remarkable feature of modern medicine is its close integration with the basic sciences - physics, chemistry and biology. Unfortunately these two domains of knowledge, namely traditional medicine and modern medicine have remained isolated from each other.

This book could be further improvised if certain case reports are incorporated with some of the formulations. I am sure the Ayurvedic scholars and medical practitioners will welcome this collection of Dr. Paranjpe with interest and enthusiasm.

New Delhi
21st January 2003

Dr. Raghunath A. Mashelkar
Director General
Council for Scientific & Industrial Research

PREFACE

Ayurveda, the ancient system of medicine fully recognises and utilises the medicinal properties of plants since Vedic period. A review of valuable texts like Charaka Samhita and Sushruta Samhita manifests that the incredible 1600 out of the 2000 odd Ayurvedic formulations are plant based. Though the mention has been made of a few metals and minerals for their medicinal usages in Vedic period, Rasa Shastra, the science of metals and minerals got flourished since 400 A.D., during the era of Gupt. Since then the passage of time saw the valuable additions of number of classical texts on the subject. Thousands of formulations have been mentioned in these texts, with vivid description of various metals and minerals in context with their purification and methodology of preparing medicines from them.

"There is no substance in the world that has no medicinal value, provided you know how to use it" says Charaka. The medicines were systematically classified into three groups of plant, animal and mineral origin during the period of Charaka. Variety of sources were tapped by the scholars for procuring medicines. For example, animal-based sources were milk, bile, honey, fat, marrow, flesh, skin, sinews, urine, semen, bones, horns, nails, hooves, hair, down and inspissated bile. About six hundred different medicinal plants are mentioned in the principal Ayurvedic texts, selected for inclusion from the thousands of species of plants growing in India, by the seers.

Ayurvedic system of medicines could bloom because it had its concomitant Materia Medica which had been developed to a very advanced level. It contains various forms and methods of preparing medicines. Different scholars prepared the same generic formulation with different method or even ingredients, suiting the needs of their patients. With these contributions, Ayurvedic medicines has become a vast treasure, which has passed down from generations to generations and is still existing as the greatest living tradition of India, till used today.

This book is a sincere effort of compilation of various generic medicines, which are used by Ayurvedic physicians today. A conscious effort has also been made to bridge the gap between Ayurvedic philosophy and allopathic postulates and parameters, by describing the actions of ingredients on doshas and their therapeutic indications in different diseases in modern terminology. I sincerely hope that this compilation of Ayurvedic medicines

will be of use as a ready-reckoner to all Ayurvedic practitioners, students and researchers as well as to allopathic fraternity.

I would like to express most heartfelt gratitude to Dr. Raghunath A. Mashelkar, Director General, Council of Scientific & Industrial Research, New Delhi, who has written the Foreword for this book.

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AYURVEDIC PHARMACY

The human race has been in pursuit of remedies for its ailments since times immemorial. Various branches of science have come to its rescue in the form of medicines. Modern medicine has contributed towards the eradication of a number of diseases, especially those of infectious origin. However, inspite of rapid strides made in this field, there are a number of diseases for which a cure has yet to be found. In search of cure as well as safety of the medicines, the whole world has now started to look back towards an age old dependable Indian system of medicine, Ayurveda.

The Sanskrit word *Ayurveda* literally means science of life. This science covers not only the knowledge of life but also talks about healthy living and longevity. It basically relates the life of an individual with the universe. It gives the detailed account of beneficial and adverse influences leading to health and disease in life and their respective helpful and harmful measures. To realise good health it is important to know the human body. Ayurvedic philosophy talks about the composition of human body which is believed to contain five basic elements or *Panchamahabhutas* viz. *Prithvi* (earth); *Aap* (water), *Teja* (fire), *Vayu* (air) and *Akash* (ether); from which the whole universe is also composed of. The combination of earth and water gives rise to *Kapha*, fire and water to *Pitta*, and air and ether to *Vata dosha*; which form the basic constitution (*Prakriti*) of each individual. Ayurveda believes that each individual is genetically different and these constitutions remain unchanged throughout life. The balance of *tridoshas* is achieved with the help of the natural resources like plants, marine substances, animals and minerals, in the form of medicines.

Ayurveda has originated, in India, from the Vedic period. Four main Vedas e.g. Rigveda, Yajurveda, Samaveda and Atharvaveda are the ancient collections of wisdom and sacrificial ritual. Most of the Vedic healing verses occur in Atharvaveda. Ayurveda is the upaveda or an accessory veda to the Atharvaveda. The majority of medicines mentioned in Ayurveda are plant-based. Ayurveda, with its vast pharmacopoeia, is one of the greatest gifts of ancient Indian sages to mankind. Originating from men of great vision, the knowledge of herbs was refined over thousands of years of experience. It was committed to memory and then handed down orally from preceptors to disciples for centuries, before it was finally written down.

Vedic period approximately dates back between 4000 to 6000 years B.C. Number of herbs, along with their medicinal properties, have been mentioned in Atharvaveda as well as Rigveda. The herbs like *Bibhitaka*, *Khadira*, *Shigru*, *Shalmali*, *Durva*, *Lodhra*, *Patha*, *Ashwattha*, *Laksha*, *Soma* and so many are mentioned in Rigveda. A detailed account of hundreds of herbs is given in Atharvaveda, elaborating their medicinal properties and uses. One of the oldest, more detailed and more authentic treatises on Ayurveda, the Charaka Samhita, written by Maharshi Charaka, dates back to 4000 B.C. It is the first and still the most important of all Ayurvedic texts, appeared. Later on other famous Ayurvedic texts like Sushruta Samhita, Ashtanga Sangraha, Ashtanga Hridaya and Madhava Nidana appeared.

Ayurveda has incorporated various substances (*dravyas*) of varied origins or resources for medicinal purpose. The scientific study of these substances is *Dravyaguna Vijnana*. It correlates the properties of the substances viz. *rasa*, *guna*, *virya*, *vipaka*, *prabhava* etc. with respect to their effects on *doshas*, *dhatus*, *malas* and *mansa* in the body. Various encyclopaedias (*nighantus*) were compiled throughout the history of Ayurveda with more and more additions. A review of valuable Ayurvedic texts like Charaka Samhita and Sushruta Samhita manifests that an incredible 1600 out of 2000 odd Ayurvedic formulations are plant based.

Rasa Shastra deals with the study of mercury and various minerals and metals. It is difficult to trace back the exact period since when the metals and minerals were used in India for medicinal purpose. Mention has been made that the gold was prepared from mercury in Kautilya Arthashastra, written by Chanakya, which approximately dates back to 325 B.C. But the mention has also been made of various medicinal formulations incorporating mercury, gold, silver, mica, tin, arsenic and marine substances like conch, pearl, coral etc. in Charaka Samhita and Sushruta Samhita. Hence, it seems that the science of metals and minerals was developed since those days. Later on from fourth century onwards, the methodical and elaborated study was done in this branch of science. Nagarjuna's, Rasahridaya Tantra, Rasarnava, Rasendrachudamani, Rasaratnasamucchaya, are the examples of the authentic texts on this subject. During 13th to 16th century, Rasakalpa, Rasarahasya Rasadhyaya, Rasasara, Rasa-ratnapradeep etc. were the classical additions to this science.

On the whole the materia medica of Ayurveda got enriched with brilliant additions, from time to time, throughout the history. Ayurvedic medicine today, is the nectar or essence of

Indian greater tradition. It is one of the richest source of a living tradition of India, till practiced today. In ancient texts, there is a mention of various methods and even different ingredients to prepare the same generic formulation. In the present book the most commonly used methods and ingredients are mentioned for their therapeutic uses.

Charaka mentions that there is no substance in the world that has no medicinal value, provided you know how to use it. About six hundred different medicinal plants are mentioned in the principal Ayurvedic texts, selected for inclusion from the thousands of species of plants, growing in India, by the seers. Ayurveda elaborates many different methods and forms of herbal preparation. All are designed for different therapeutic effects or to maintain the potencies of herbs in different monoers. These include standard methods of infusions, decoctions, powders, poultices, oils and liniments but in greater variety than generally used in western herbalism. They include herbal wines, jams, jellies, resin preparations, pills and tablets.

Ayurveda has also incorporated substances of animal origin for medicinal purpose. They are *Indra gopaka* (fire fly), *Kasturi* (musk) *Praval* (coral), *Madhu* (honey), *Mukta* (pearl), *Mrigashringa* (stag horn), *Mayur piccha* (peacock's feather), *Shankha* (conch shell), *Hasti danta* (elephant's tusk) etc. The minerals like *Parada* (mercury), *Gandha pashna* (sulphur), *Haratala* (orpiment), *Hingula* (cinnabar), *Manashila* (realgar), *Abhraka* (mica) etc. have been also included for their therapeutic uses, since ages. Also metals like *Suvarna* (gold), *Roupya* (silver), *Tamra* (copper), *Lauha* (iron) etc. are incorporated in various formulations since hundreds of years. Ayurveda has also exploited gems for medicinal purpose like *Vajra* (diamond), *Manikya* (ruby), *Indranila* (sapphire), *Pushparaga* (topaz), *Sphatika* (quartz). etc. Ayurvedic Materia Medica is a vast treasure. Confronted with this great abundance and limited space of this book, the commonly used generic Ayurvedic medicines, which are normally available in the Indian market, are incorporated here.

In Indian culture, Ayurvedic pharmacy begins at home. Since ages Indians are used to prepare the decoctions of various herbs for prevention as well as for cure of many ailments. The common most examples of these herbs are *Tulasi* (basil), *Ardra* (ginger), *Nimba* (neem), *Chandana* (sandalwood), *Dhanyaka* (coriander), *Haridra* (turmeric) and lemon grass. In old days, Ayurvedic physicians were preparing their medicines to dispense, as per the needs of their patients. Most of the times, in those days, it was possible to dispense medicines prepared from the fresh herbs. Day by day it became difficult to fulfil these

demands. Hence, prepared medicines like *asavas* and *arishtas* replaced these decoctions. *Guggulu* preparations, *ghrita* and *taila* preparations, *bhasmas* and *rasaushadhi* i.e. mercurial compounds became dispensing drugs today, as they possess long shelf-life. It is not possible easily for Ayurvedic physicians to prepare all the medicines required, probably because of pace of the life. Thus during last century, prepared medicines have got increased demand and Ayurvedic pharmaceuticals got flourished. It has also kept pace with pharmaceuticals during the changing times. In fact, it is a rich blend of ethnic and modern practises. The modes and methods of preparing Ayurvedic medicines are quite elaborate and also dependent on the type of preparation involved. Ayurvedic pharmaceutical industry will proliferate when it will stand the testing of Ayurvedic medicines with critical scientific parameters of modern pharmacology. It is the time now for this industry to quote the expiry date of the product, cautions, contra-indications and side effects, if any. Fulfilment of standardisation and modern criteria, with a critical follow up of Ayurvedic postulates, will flourish the Ayurvedic pharmaceuticals and get an easy acceptance throughout the world.

Ayurveda approaches herbs, minerals, metals or any substance used for medicinal purpose, through a science of energetics. The properties of these substances are related systematically according to their taste, elements, potency, special potency and post digestive effect. To know Ayurvedic medicines, one has to know the basic principles of Ayurvedic pharmacology. Then only it will be possible to correlate them with *tridoshas* and the constitution of an individual, for whom the medicine is to be given. The knowledge of chemical composition or the active principles of the herbs, alone, will not be sufficient to use Ayurvedic medicines, but the proper integration of modern and Ayurvedic postulates will enable us to use them in a real rational approach. There are various modes and methods of preparing Ayurvedic medicines e.g. *asava*, *arishta*, *ghrita*, *taila*, *bhasma*, *panaka*, *avaleha*, *modaka*, *parpati* etc. which are described in their respective places.

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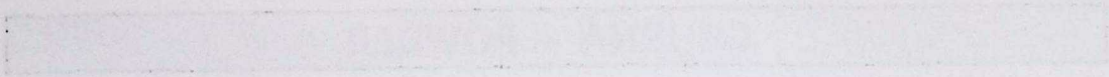
CHURNA – POWDER

The powders of the whole plant or plant parts are commonly used. The plant material first is dried in the sun and the powder is prepared by pounding dry substances in a mortar with a pestle and filtered through linen. Today, they can be ground mechanically with an herb grinder and sieved.

Many powder preparations contain single herb powder (*Ekari churna*) or combinations of more herbs (*Mishra churna*). The powder form is oftenly used as it is easy to prepare, but its disadvantage is that it loses its strength rapidly and has to be used within six months.

The powders are not taken by themselves, but with a medium or vehicle (*anupana*) like honey, ghee or water etc. When jaggery is to be mixed with the powder, it should be in equal quantity that of powder and sugar in double the quantity. Honey, ghee or oil should be taken double the powder and when water or milk etc. are to be used, they should be four times in quantity.

Acharya Vagbhat has strongly recommended single herb powder for one disease. Out of forty ailments, he has advocated single herb therapy for more than thirty diseases. Average dose of a powder is approximately 10-12 gm. daily. The combination of herbs widens the spectrum of actions and many a times different herbs are mixed with the intention of their synergism.



EKARI CHURNA
SINGLE HERB POWDERS

AMALAKI CHURNA

1

Ingredients

1 gm. *Amalaki churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Amalaki	Phyllanthus emblica	Emblic myrobalan	Dried fruit	1 gm

Medicinal Uses

Amalaki is widely used for its rejuvenating properties. It promotes reproduction, augments seminal fluids, delays aging process and hence highly praised as the "universal rejuvenative".

External Uses

Decoction prepared from its powder is used for hair-wash to prevent hairfall and premature greying of hair. It imparts a beautiful lustre and smoothens the hair. Prepare the paste of *Amalaki*, *Haritaki* and *Jatamansi*, and annoint the body before bath. It makes the skin lustrous and fragrant. Dry powder massage with *Triphala* powder, reduces the excessive subcutaneous fats in obesity.

Internal Uses

Amalaki improves digestion, relieves the constipation and combats hyperacidity because of its sweet post digestive effect. It is one of the best panacea for bleeding disorders, diabetes mellitus and urinary ailments. In hiccup and asthma, *Amalaki* juice and *Pippali* are given alongwith honey. The juice of *Amalaki* and *Ikshu* (sugarcane) given together, alleviates dysuria. To boost up the amount of seminal fluids, *Amalaki* juice is given alongwith ghee. It is useful in anaemia, skin diseases, *raktapitta* and fever.

Dosage

1-2 gm; twice a day with water.

Reference

Bhavaprakasha Nighantu

ARAGVADHA CHURNA

2

Ingredients

1 gm. *Aragvadha churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Aragvadha	Cassia fistula	Indian laburnum	Fruit pulp	1 gm

Medicinal Uses

Aragvadha is commonly used as a laxative. It is one of the best anti-dermatoses and anti-pruritic plants. As *Aragvadha* loses its properties on boiling, instead of its decoction, the hot or cold infusion preparations are preferred.

External Uses

The paste prepared from *Aragvadha churna* is applied externally, to mitigate the pain and swelling in rheumatism, glandular swellings, arthritis and gout. The marked anti-bacterial activity of the fruit pulp is beneficial in common skin infections of bacterial and fungal origin.

Internal Uses

Aragvadha churna is commonly used as an adjuvant in abdominal pain, jaundice, enlarged liver etc., to cleanse the bowels. When combined with *Haritaki* (*Terminalia chebula*) and *Markandi* (*Cassia elongata*), it eases the problem of constipation in a better way. *Aragvadha churna* combined with jaggery, is given along with hot water to relieve cough of *kapha* type. It is also salutary in bleeding piles, epistaxis, etc. in *raktapitta*.

Dosage

1-2 gm; twice a day with warm water.

Reference

Bhavaprakasha Nighantu

ASHWAGANDHA CHURNA

3

Ingredients

1 gm. *Ashwagandha churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Ashwagandha	Withania somnifera	Winter cherry	Root	1 gm

Medicinal Uses

Ashwagandha is widely used as a general tonic as it is a rejuvenator to especially *rasa*, *mamsa* and *shukra dhatus*. It is also an excellent plant as an aphrodisiac. It is beneficial for a wide range of problems.

External Uses

The paste prepared from *Ashwagandha churna* works well in treating the glandular swellings. Mixed with sesame oil, the paste is applied to clear off the depigmentation of skin.

Internal Uses

Ashwagandha churna is helpful in arthritis as it possesses anti-inflammatory and analgesic properties. The mild sedative effect of *Ashwagandha* is useful to alleviate the mental

stress in anxiety neurosis. Its mild diuretic property reduces the excessive body fluids and clears off the odema in heart diseases. To increase the sexual vigour and vitality, take 3 gm. of *Ashwagandha churna* with 200 ml. of cow's milk and 10 gm. of rock candy. *Ashwagandha churna* is a boon to sportsmen, as it improves the muscle tone and strength. In general debility and convalescence, it works well as a general tonic.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

BAKULA CHURNA**4****Ingredients**

1 gm. *Bakula churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Bakula	Mimusops elengi	Bakula	Bark skin	1 gm

Medicinal Uses

Chakradatta has mentioned usefulness of *Bakula* in dental diseases, especially for toothache. The bark or tender stems of *Bakula* are used for cleansing the teeth, traditionally in India. It has antidiarrhoeal and vermifugal properties.

External Uses

Bakula churna is applied to the gums and teeth, to strengthen them. Being an astringent and haemostatic (arrests bleeding), it is benevolent in dental ailments like bleeding gums, pyorrhea, dental caries and mobile teeth. The powder of bark skin is used for cleansing the teeth.

Internal Uses

The fruits and flowers of *Bakula* are also used for medicinal purpose. *Bakula* curbs excessive menstrual bleeding. *Bakula* is the most commonly used ingredient in tooth powder and tooth paste preparations.

Dosage

1 gm; twice a day.

Reference

Bhavaprakasha Nighantu

BIBHITAKA CHURNA

5

Ingredients

1 gm. *Bibhitaka churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Dried fruit	1 gm

Medicinal Uses

Bibhitaka is one of the ingredients of highly praised Ayurvedic compound '*Triphala*'. The word '*Triphala*' literally means three fruits, namely *Haritaki*, *Amalaki* and *Bibhitaka*. *Bibhitaka* is useful in various diseases. It is the best rejuvenative, alleviates *kapha* and *pitta* doshas.

External Uses

Bibhitaka churna by itself or *Triphala churna* is an effective astringent for external use. In conjunctivitis, it is used with honey, for topical application.

Internal Uses

In cough and asthma *Bibhitaka churna* when chewed, relieves the mucous. It is useful in

hoarseness of voice also. It is used as a mild laxative. Unripe fruit of *Bibhitaka* is purgative, whereas ripened fruit is astringent. *Bibhitaka* is useful in digestive disorders and beneficial for eyes, hair and throat. As it is astringent, it is beneficial to curb the bleeding through sputum (haemoptysis). In cough and asthma, the powder of *Bibhitaka* is given with honey. *Triphala churna* is useful as a rejuvenative, laxative, appetiser and alleviates *pitta* and *kapha* doshas.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

BRAHMI CHURNA**6****Ingredients**

1 gm. *Brahmi churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Brahmi	Bacopa monnieri	Indian pennywort	Leaves	1 gm

Medicinal Uses

Brahmi is highly esteemed as a nervine and rejuvenative. It boosts the memory, calmposes the brain and imparts longevity. It is also praised as a "*majjadhatu rasayana* - the rejuvenative to nervous system".

External Uses

The paste prepared of *Brahmi churna* is applied in arthritis to relieve the pain and swelling of the joints.

Internal Uses

It is one of the best nervine tonic and is widely used in epilepsy and hysteria. In these disorders, it alleviates mental debility, nourishes nerve tissue by pacifying *pitta dosha*. It also boosts the

memory and intelligence. *Brahmi churna* suppresses the appetite, hence should be used with appetite stimulants. To attain longevity, improve the memory and intelligence, it should be given with honey, for prolonged duration. *Brahmi* being cold in potency, reconciles the vitiated *pitta* in urinary ailments and relieves burning and pain. It has a mild diuretic property.

Dosage

1 gm; twice a day.

Reference

Bhavaprakasha Nighantu

CHANDANA CHURNA

7

Ingredients

1 gm. *Chandana churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Chandana	Santalum album	White sandalwood	Heartwood	1 gm

Medicinal Uses

Chandana is one of the best herbs useful for cosmetic purposes, as it is very cooling and soothing. It relieves the burning sensation on the skin, mitigates bodyache, improves complexion, subsides itching and also works well as an anti-toxin.

External Uses

Prepare the paste of *Chandana churna* in water and apply on the forehead in headache. The thin paste (*uti*) is applied all over the body to pacify the burning sensation of the skin. Sandalwood paste is a popular household remedy for prickly heat. The paste is one of the best deodorants and also improves the complexion. *Chandana churna* is commonly used, in combination, as a face salve and is salutary in cure for darkness and blemishes.

Internal Uses

The cold infusion of *Chandana* alleviates bleeding diathesis (*rakta pitta*). Prepare the paste of *Chandana churna*, one gram, with water. Mix it with 2 cups of milk and 20 gm. of rock candy. It relieves the urinary burning. The combination of *Chandana churna* and *Amalaki churna*, in equal parts, given along with honey, is effective in acute gastritis. The bleeding per rectum in dysentery is curbed with this *churna*.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

HARIDRA CHURNA

8

Ingredients

1 gm. *Haridra churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Haridra	Curcuma longa	Turmeric	Rhizome	1 gm

Medicinal Uses

A pinchful of *Haridra churna* is daily applied on the forehead by Hindu females as an auspicious sign. Application of turmeric paste to the bride is an essential procedure of Hindu wedding rituals. *Haridra churna* is the household spice for diverse cuisines in all parts of India since ages.

External Uses

Turmeric scrub is applied on the face as a depilatory, facial tonic and rewarding in treating pimples (acne vulgaris). *Haridra churna* is applied in cuts and bruises as a household remedy, to arrest bleeding. For radiant and smooth complexion, apply turmeric powder, mixed with milk. *Churna* of *Haridra* and *Daruharidra* mixed with butter is applied to the scalp to alleviate itching in lice infestations. Gargle with warm *Haridra* water 2-3 times a day relieves the sore throat. For sore eyes and conjunctivitis, take one teaspoon of *Haridra churna*, boil it with a cup of water. Strain and use it as an eyewash.

Internal Uses

Haridra and *Amalaki* are highly recommended plants as a drug of choice in the treatment of diabetes mellitus by Vagbhat (Ashtanga Hridaya, *Uttara Sthana*, A-40, 46/58). Surprisingly not much clinical data is available to assess its validity. The *Haridra churna* with hot milk and sugar is given with honey in cough, colds, asthma, hoarseness of voice and heaviness in the head due to *kapha*. In gastrointestinal ailments like diarrhoea, dysentery, colitis etc. it is effectively used.

Dosage

1-2 gm; twice a day with milk.

Reference

Bhavaprakasha Nighantu

HARITAKI CHURNA

9

Ingredients

1 gm. *Haritaki churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	1 gm

Medicinal Uses

Haritaki is a highly praised rejuvenating (*rasayana*) herb. It cleanses the subtle body channels and because of its bitter taste and hot potency, it augments the *dhatvagni*. Though it does not nourish the tissues directly, it clears off the blockades in the channels and facilitates the nutrients to reach at their sites and acts as a *rasayana*.

External Uses

Haritaki churna is salutary for cleansing the teeth and strengthening the gums. The paste of this powder is applied on burns and weeping wounds to promote the healing.

Internal Uses

Haritaki churna is useful in a vast range of diseases. Vagbhata recommends *Haritaki powder* fried in ghee to be consumed daily, with

sufficient amount of ghee in food, to promote longevity and boost up energy. Combination of *Haritaki* powder, black raisins and sugar curbs hyperacidity. With *Bibhitaka* powder, along with honey, it relieves the bronchospasm. *Haritaki* powder with honey and ghee is an effective remedy for anaemia. It is used in various diseases like oedema, ascites, piles, jaundice, liver and splenic disorders. Daily one gram of *Haritaki churna* is recommended as a *rasayana*.

Anupana : In *kapha* diseases with rock salt; in *pitta* diseases with sugar and in *vata* diseases with ghee.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

JATAMANSI CHURNA

10

Ingredients

1 gm. *Jatamansi churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Jatamansi	Nardostachys jatamansi	Indian spikenard	Root	1 gm

Medicinal Uses

Jatamansi is one of the best *medhya rasayana* (nervine rejuvenative). Its bitter taste and light attribute pacifies the *doshas* in *majja dhatu* (nervine tissue). Whereas, its sweet taste and post digestive effect, and unctuous attribute nourishes the nervine tissue. It improves the memory, augments intelligence and boosts the *sattva guna*. *Jatamansi* promotes hair growth as hair is a subsidiary tissue of nervous tissue (*majja dhatu*).

External Uses

Application of its paste, prepared in cold water, alleviates the burning sensation of the skin. It also reduces the excessive sweating and imparts the deodorant action because of its fragrance. The paste is an effective remedy for moles, blemishes and freckles. The hair oil enhanced with *Jatamansi* promotes hair growth and imparts lustre.

Internal Uses

It is one of the best herbs used in the treatment of epilepsy. It is also sedative, hence useful in mental stress and strain; insomnia and hypertension. It exerts a cholegogue action, which is useful in jaundice and enlargement of liver. It is salutary in urinary ailments as it increases the urinary output. It can be of use as an adjunct in the treatment of sexual debility and impotence.

Caution : In large dosage, it causes vomiting and diarrhoea with abdominal pain.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

JATIPHALA CHURNA

11

Ingredients

1 gm. *Jatiphala churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Jatiphala	Myristica fragrans	Nutmeg	Seed	1 gm

Medicinal Uses

Jatiphala, because of its predominant astringent property acts as an anti-diarrhoeal (*mala stambhana*), styptic (*rakta stambhana*) and prevents premature ejaculation of semen (*shukra stambhana*). It is commonly used in kitchen preparations, especially, sweetmeats, because of its aromatic nature.

External Uses

Apply the paste of nutmeg and cardamom powders on the forehead. It ameliorates the headache. Mix the nutmeg powder with *ghee* and apply it on the forehead to induce a sound sleep. The paste of nutmeg mixed with the milk is applied on the face in pimples (*acne vulgaris*). It alleviates the lesions, improves the complexion and imparts a glow to the skin. It also cures blemishes, black patches etc. Mix the nutmeg powder with hot milk and prepare the paste. Apply it on forehead, nose and cheeks. It gives a great relief in sinusitis and colds.

Internal Uses

Take a pinchful of nutmeg powder with a glass of milk, with sugar. It works well as a sex stimulant and prevents the premature ejaculation. *Jatiphala churna* increases the appetite, improves digestion and stimulates the liver. It works well in diarrhoea very promptly. It also imparts an influential mucolytic action, which is beneficial in cough, colds and asthma to relieve the obstructing phlegm.

Caution : In higher dosage, it causes vertigo, tremors and flatulence.

Dosage

0.25-5 gm; daily.

Reference

Bhavaprakasha Nighantu

LODHRA CHURNA**12****Ingredients**

1 gm. *Lodhra churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Lodhra	<i>Symplocos racemosa</i>	Lodh bark tree	Bark skin	1 gm

Medicinal Uses

Lodhra being predominant in its astringent property, is helpful in bleeding disorders. The potency of *Lodhra* is cool, hence is benevolent in skin diseases and *raktapitta*. It alleviates *pitta* and *kapha* disorders.

External Uses

Lodhra by itself or in combination is used in dental preparations to cleanse the teeth, strengthen gums and to arrest the bleeding. It works well to promote the wound healing when applied in the form of a paste. It also reduces swelling and arrests bleeding and discharges in the wounds. It helps as an eyewash in conjunctivitis, with its decoction. Chronic wounds with foul discharge, heal up better with its application.

Internal Uses

Potent haemostatic property of *Lodhra* enables its use in diarrhoea, dysentery, bleeding diathesis and menorrhagia. It alleviates the uterine inflammatory conditions and helps controlling leucorrhoea and menorrhagia. In skin afflictions it mitigates oozing and itching. It also works well in fevers of *kapha-pitta* origin.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

MARICHA CHURNA

13

Ingredients

1 gm. *Maricha churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Maricha	Piper nigrum	Black pepper	Fruit	1 gm

Medicinal Uses

Maricha was held in high esteem by the ancient sages of India. It is an appetiser, anti-colic, rejuvenative to respiratory system, eliminates accumulations, improves the taste (hence synonym *kola*), reduces flatulence and diaphoretic in properties.

External Uses

In the form of an external paste with sesame oil, it is beneficial in the skin diseases like scabies. The application of paste also helps in reducing the pain and swelling. It is also salutary in acne, sty and boils. In diseases of the eye like pterygium and nightblindness, it is applied with honey. In case of tooth decay and dental aches, the *Maricha churna* is used for brushing the teeth. A poultice made from *Maricha*, salt and vinegar is beneficial to soften the corns. The gargles of *Maricha* are rewarding in sore throat.

Internal Uses

The combination of three pungents (*Trikatu*) viz. *Shunthi*, *Maricha* and *Pippali* is commonly used to alleviate *kapha* disorders, obesity, cough, rheumatic disorders and tumours. *Maricha churna* when given with water, works well in treating colitis. It is an excellent panacea for anorexia, dyspepsia and enlargement of liver and spleen. It also works well in chronic skin diseases. It promptly acts as a mucolytic agent, when given along with honey, in asthma, cough and colds. It relieves the blocked phlegm and eases the bronchospasm.

Dosage

0.5-1.0 gm; twice a day with honey.

Reference

Bhavaprakasha Nighantu

METHIKA CHURNA

14

Ingredients

1 gm. *Methika churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Methika	Trigonella foenum-graecum	Fenugreek	Seed	1 gm

Medicinal Uses

In India, the leaves of *Methika* are commonly used as vegetable and the dry seeds are used in the kitchen to flavour and spice various foods. It alleviates *kapha* and *vata* but vitiates *pitta dosha*. It stimulates the appetite, relieves fever, is mild laxative and alleviates swelling as well as body fats.

External Uses

The poultice prepared of *Methika churna* relieves the pain and swelling in rheumatic joints. The paste is applied to the face to prevent pimples, blackheads and wrinkles. It imparts soothing. Fenugreek tea alleviates the bad breath (halitosis) and even bad body odour. In dandruff, hairwash with its decoction is beneficial. It makes hair sleek and lustrous.

Internal Uses

Methika churna is a digestive aid, it increases the appetite and relieves the flatulence. Daily one gram of the powder reduces the body fats and serum cholesterol. It is also one of the best adjuvants in diabetes mellitus. *Methika laddus* is the household kitchen preparation, used as an effective galactagogue and also helps the involution of the uterus during postpartum period.

Caution : *Pitta* constitutions should use it sparingly.

Dosage

1-2 gm; daily.

Reference

Bhavaprakasha Nighantu

NAGAKESHARA CHURNA

15

Ingredients

1 gm. *Nagakeshra churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	1 gm

Medicinal Uses

Since ancient times *Nagakeshara* was recommended for treating bleeding piles, dysentery and as an antidote to snake venom. Charaka has categorised it as *pradaraghna*-alleviates menorrhagia and as a *raktastambhaka* - arrests bleeding.

External Uses

Mix the fine powder of *Nagakeshara* with butter and apply it to the soles. It relieves the burning sensation of feet with great benefit. *Nagakeshara* mixed with *Shatadhauta ghrta* works well in burning hands and feet, when applied externally. *Nagakeshara churna* is used in the hair-dye preparations. The paste of it controls the excessive sweating and works well as a deodorant.

Internal Uses

Take 2 gm. *Nagarkeshara churna*, 1 gm. butter and 1 gm. rock candy. Mix it well and consume it two times a day. It promptly alleviates the bleeding in bleeding piles. The cold infusion of *Nagakeshara* mitigates the hyperacidity. It also works well in excessive thirst and fever due to vitiated *Pitta dosha*. *Nagakeshara* is an effective remedy, being a potent haemostatic, in dysentery, diarrhoea, menorrhagia, piles and haematuria.

Dosage

1-2 gm; daily.

Reference

Bhavaprakasha Nighantu

NIMBA CHURNA**16****Ingredients**

1 gm. *Nimba churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Nimba	Azadirachta indica	Margosa	Leaves, Bark Skin	1 gm

Medicinal Uses

According to Hindu calendar on the new year day (*chaitra shukla pratipada*), it is a custom to eat few tender leaves of *Nimba*. It prevents the diseases of *kapha dosha*. It is one of the most potent blood purifiers and detoxifiers among traditional herbs.

External Uses

Gargles with decoction of *Nimba* leaves control the dental infection. Apply the paste of *Nimba churna* on wounds. It promotes the healing. In chronic, non-healing wounds, the decoction of bark skin is salutary. For cleansing the teeth, tender *Nimba* twigs are traditionally used in India.

Internal Uses

Nimba, the versatile plant, is used to treat umpteen disorders like hyperacidity, allergic skin rashes, bleeding disorders, intestinal worm infestations, fever, hair and ear ailments. It is one of the potent natural antiseptic agent and insecticide. Medicated oils of *Nimba* viz. *Vranashodhana taila* and *Vranaropana taila* are extensively used by Ayurvedic practitioners for wound cleansing and healing, respectively. *Nimba* is also used as an adjunct in diabetes mellitus, obesity and venereal diseases.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

PALASHA CHURNA**17****Ingredients**1 gm. *Palasha churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Palasha	Butea frondosa	Bastard teak	Flower	1 gm

Medicinal Uses

The gum, seeds, flowers, bark and leaves of *Palasha* have great medicinal value. Here, only powder of its dried flowers is described because of its specific efficacy in urinary infections, as a urinary antiseptic.

External Uses

Fomentation with hot flowers (make them hot in pressure-cooker) of *Palasha*, below umbilical region, relieves the strangury and eases the micturition. Similarly, when applied on the chest and back, the fomentation relieves the blocked phlegm in bronchitis.

Internal Uses

The flowers of *Palasha* have potent diuretic

property. Take 3 gm. of *Palasha churna* with milk and rock candy. It increases the urine output and helps alleviating urinary ailments. *Palasha churna* is recommended in the chronic fever and increased body heat. It also alleviates the thirst and controls diarrhoea. The clinical research backed up with urine culture studies is required to assess the urinary antiseptic activity of *Palasha churna* of flowers.

Dosage

2-3 gm; twice a day with milk.

Reference

Bhavaprakasha Nighantu

R
615-336
PAR-A



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PIPPALI CHURNA

18

Ingredients :

1 gm. *Pippali churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Pippali	Piper longum	Long pepper	Fruit	1 gm

Medicinal Uses

Pippali churna means the powder of fruits and *Pipplimula churna* indicates the powder of roots of *Pippali*. *Pippalimula churna* is used in respiratory ailments, flatulence, to induce sleep and to curb hyperacidity and abdominal colics. *Pippali* is one of the most versatile herbs widely used by Ayurvedic practitioners. It is rejuvenative, especially to respiratory system and works well as an appetite stimulant, anti-tussive, mitigates hiccup and a cleansing agent in nasal etc. therapy.

External Uses

Pippali is seldom used externally, in case of painful and swollen conditions, wherein its paste is applied. Though it possesses mild antiseptic property, it is irritant to the skin and manifests allergic reactions.

Internal Uses

Pippali churna effectively reconciles the digestive functions and is used with great benefit in anorexia, indigestion, flatulence, abdominal pain, piles etc. As it is rejuvenative to lungs and *kapha dosha*, it is widely used in all respiratory diseases. It works well with honey to combat hyperacidity. It also boosts the reproductive system and is used as an aphrodisiac. The dosage of *Pippali* in increasing order, gradually, is recommended as a specific regimen (*Vardhamana Pippali*) by ancient Ayurvedic scriptures in chronic fever and tuberculosis.

Dosage

1 gm; twice a day.

Reference

Bhavaprakasha Nighantu

PUSHKARAMULA CHURNA

19

Ingredients :

1 gm. *Pushkaramula churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Pushkaramula	Inula racemosa	Orris root	Root	1 gm

Medicinal Uses

Vagbhat has quoted *Pushkaramula* to be the drug of choice for pleurisy. Charaka also has endorsed it for the same, along with cough and asthma. It also alleviates hiccup and breathlessness.

External Uses

Prepare the paste of *Pushkaramula churna* in water. Apply it on the wounds and ulcers. It promotes the wound healing as it possesses antiseptic property. The paste is also recommended, to be applied on the chest in pleurisy and inflammatory conditions of pleura, to mitigate pain.

Internal Uses

Pushkaramula churna is useful to boost the appetite and to digest *ama*-undigested toxic metabolites. Hence, it is salutary in anorexia as well as in dyspepsia. It also alleviates the

flatulence and abdominal pain. It is the highly praised panacea for cough, hiccup and bronchial asthma. It reconciles the pulmonary functions by abolishing the bronchospasm, relieving the mucous and hence, the obstruction in bronchial asthma. *Pushkaramula churna* is recommended to be licked with honey. It imparts a stimulant action on the heart. As it destroys *ama*, it is salutary in rheumatic joints. It is benevolent in obesity, as an adjunct, as it curbs the excessive body fats. It is stimulant to genital system in males as well as females.

Dosage

1 gm; twice a day.

Reference

Raj Nighantu

SARIVA CHURNA

20

Ingredients

1 gm. *Sariva churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	1 gm

Medicinal Uses

Sariva is also known as 'Anantmula'. It is one of the best herb as a blood purifying and cooling herb. It has been classified in Ayurvedic texts under the aromatic herbs, complexion promoting herbs and herbs relieving burning sensation on the skin.

External Uses

The root paste applied relieves the swelling and burning sensation of the skin. *Sariva churna* by itself or in combination with liquorice, sandalwood and *Jatamansi* powder, in the form of a paste, alleviates the acne lesions (pimples) and promotes the complexion of the skin. The paste of *Sariva churna* is applied on the forehead to relieve the headache, especially due to vitiated *pitta*. The decoction of its roots used as a hairwash, promotes the hair growth. *Sariva* paste clears off the blemishes and black patches on the skin.

Internal Uses

The decoction of *Sariva* roots is given along with honey in cough and asthma. Decoction of *Sariva* and the rhizome of lotus is prepared and cooled. It is given with sugar to alleviate fever due to vitiated *pitta*. During pregnancy, the decoction of *Sariva* is recommended for facilitation of foetal growth and to avoid abortion also. In skin diseases like pimples, eczema, urticaria and erysipelas, the decoction is used with great benefit. *Sariva* detoxifies *ama*, hence is extremely useful in diseases of *ama* origin like gout, arthritis, glandular swellings etc.

Dosage

1-2gm; twice a day.

Reference

Bhavaprakasha Nighantu

SHATAVARI CHURNA

21

Ingredients

1 gm. *Shatavari churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Shatavari	Asparagus racemosus	Wild asparagus	Root	1 gm

Medicinal Uses

Shatavari is highly praised as a 'Universal *Rasayana*' by ancient Ayurvedic scriptures. As it imparts the attributes of youth and beauty in females, it is named as *Shatavari* - meaning, one who possesses or has capacity to have one hundred husbands. *Shatavari* exerts multifarious activities viz. tonic, promoting longevity, rejuvenative especially to plasma and muscle tissue, aphrodisiac, spermatogenic etc. Hence, it is widely used to treat various ailments.

External Uses

Shatavari is seldom used externally. The paste of its leaves alleviates the burning sensation on the skin. *Narayana taila* is a popular oil preparation wherein, *Shatavari* is the chief ingredient. The oil is used for massage in *vata* disorders.

Internal Uses

As a general tonic, 10 gm. of *Shatavari churna* is advised daily, with milk and sugar. It also mitigates hyperacidity. The bitter taste of *Shatavari* augments the *dhatvagni* and sweet, unctuous attributes help nourishing the tissues. It nourishes *rasa*, *mamsa* and *shukra dhatus*. It works well as an aphrodisiac and helps in menstrual ailments due to uterine hypoplasia. *Shatavari churna* is highly recommended as a galactagogue to improve the quantity of breast milk in nursing mothers. It should be given with milk and sugar.

Dosage

2-5 gm; twice a day with milk.

Reference

Bhavaprakasha Nighantu

SHUNTHI CHURNA 22

Ingredients

1 gm. *Shunthi churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Ginger root	Rhizome	1 gm

Medicinal Uses

The fresh ginger in Sanskrit is known as *Ardraka*, whereas dry ginger as *Shunhti*. It is referred to as '*Vishwabhaishaja*' - meaning the universal medicine. Though it is commonly used in kitchen throughout the world, Ayurvedic texts have classified its different properties viz. an appetiser, anti-cold, lactodepurant, anti-saturative etc. *Trikatu* is the most commonly used compound by Ayurvedic practitioners, which contains three pungents viz. *Shunthi*, *Maricha* and *Pippali*. It is the mixture of dry powders, in equal parts, which is used in combination with honey to alleviate *kapha* diseases like colds, asthma, rheumatic conditions, tumours and obesity.

External Uses

The paste of *Shunthi churna* is applied on the forehead or chest in colds and cough, respectively. To alleviate pain and swelling in rheumatic joints, it is applied preferably in oil. In excessive perspiration, the massage with *Shunthi churna* is beneficial.

Internal Uses

It works well with *Vidanga*, given with honey, in intestinal worm infestations and loss of appetite. The decoction of *Shunthi*, *Tila* and jaggery is the best panacea for rheumatic disorders and peptic ulcer. It combines well with honey as a therapy for cough and asthma. *Shunthi churna* is traditionally used in women as a general tonic during postpartum debility. It is used as an adjuvant, in male sexual debility as an aphrodisiac.

Dosage

1-2 gm; twice a day with milk.

Reference

Bhavaprakasha Nighantu

VACHA CHURNA 23

Ingredients

1 gm. *Vacha churna* contains :

Sanskrit	Latin	English	Part Used	Quantity
Vacha	Acorus calamus	Sweetflag	Rhizome	1 gm

Medicinal Uses

The Sanskrit word '*Vacha*' literally means speaking. As the herb stimulates the power of self expressions and intelligence, hence the name. It is a renowned rejuvenative for the nervous system, since ancient times. As a nervine, it is indeed a divine herb, especially for the children. *Vacha* clears the subtle channels of obstructions by augmenting the activity of *sadhaka-pitta*, the metabolic fire of the nervous system and sharpens the reception (*dhi*) and memory (*smriti*).

External Uses

Dry powder massage (*udgharshana*) with *Vacha*, helps removing the hair (depilatory). The nasal administration of it relieves headache and heaviness of the head due to *kapha*. The dry powder massage is also beneficial in obesity to reduce the subcutaneous fatty accumulations. The paste of *Vacha*, *Lodhra* and coriander seeds, matted in water, is applied to the face. It reduces acne lesions (pimples) and blemishes.

Internal Uses

As mentioned above, *Vacha* is commonly used as a rejuvenative to nervous system, especially in children. The medicated ghee *Vacha siddha ghrita* is used to improve memory, reception as well as speech in children. The combination of powders of *Vacha*, *Jatamansi* and *Brahmi* works well in epilepsy. *Vacha* powder, when used for long duration, helps in slow-learners also.

Caution : *Vacha* should be sparingly used in *pitta* constitution.

Dosage

1 gm; twice a day.

Reference

Bhavaprakasha Nighantu

YASHTIMADHU CHURNA

24

Ingredients

1 gm. *Yashtimadhu churana* contains :

Sanskrit	Latin	English	Part Used	Quantity
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root, Stem	1 gm

Medicinal Uses

Liquorice has been included in the pharmacopoeia of many ancient civilisations viz. Indian, Greek, Roman, Egyptian and Chinese. All ancient scriptures of Ayurveda have held it as a highly esteemed plant. Charaka praises it as a vitalising herb, a nervine tonic and a herb promoting longevity. Later texts add to its uses like a antitussive, beneficial for the eyes and hair etc. *Yashtimadhu* is a rejuvenative, especially, to *rasa*, *mamsa* and *shukra dhatus*.

External Uses

Mix the liquorice powder with ghee and dress the wounds. It promotes their healing, arrests bleeding as well as alleviates the pain. The paste of liquorice by itself applied to face, imparts a glow and lustre to the skin and aids the removal of blemishes, freckles and pimples. It gives better results when mixed with ghee. It is also useful in cure for alopecia and dandruff. The hairwash with decoction of *Yashtimadhu* prevents

the hairfall and premature greying. In addition, it makes the hair smooth and silky.

Internal Uses

With honey and ghee, the liquorice powder augments the seminal fluids and works well as an aphrodisiac. It is demulcent hence, helps improving the voice and relieves the phlegm. It is one of the best rejuvenatives and boosts *oja* as well. Vagbhata recommends liquorice powder with ghee and honey, followed by a glass of milk, as the best sex tonic to improve the vigour and vitality in men.

Caution : Avoid liquorice in hypertension, as it causes fluid retention.

Dosage

1-2 gm; twice a day.

Reference

Bhavaprakasha Nighantu

MISHRA CHURNA
HERBAL POWDER MIXTURES

AMALAKYADI CHURNA

1

Ingredients

1 gm. *Amalakyadi churna* contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	800 mg
Chitraka	Plumbago zeylanica	Ceylon leadwort	Root	50 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	50 mg
Saindhava	Sodium chloride impura	Rock salt	Salt	50 mg
Pippali	Piper longum	Long pepper	Fruit	50 mg

Actions & Indications

Sanskrit word '*Amalakyadi*' is formed from '*Amalaki* and *adi*', meaning '*Amalaki*' as a principle ingredient and '*adi*' literally means others, which are the supplementary ingredients.

Amalakyadi churna is one of the best preparation for hyperacidity. In hyperacidity (*amlapitta*), *jatharagni* becomes weak or feeble, *pitta* is vitiated with its increased *drava* and *sara* *gunas*. The symptoms like retrosternal burning sensation, nausea, vomiting and abdominal dull pain are due to vitiated *pitta*. It also relieves all types of fevers.

Amalakyadi churna increases the appetite i.e. stimulates the *jatharagni*, reduces *ama* and hence

relieves all the symptoms. Ingredients like *Pippali*, *Saindhava* and *Chitraka* stoke the *agni* because of their hot and sharp attributes and alleviate *agnimandya*. *Amalaki* and *Haritaki* being mild laxatives, help eliminating *pitta* from the body. As a whole, *Amalakyadi churna* stimulates *agni*, reduces *ama*, eliminates *pitta* and mitigates hyperacidity. It augments the taste sensation and alleviates *kapha*.

Dosage

2-3 gm; 2-3 times a day.

Reference

Yoga Ratnakara, *Jwara Chikitsa*

ASHWAGANDHADI CHURNA

2

Ingredients

1 gm. *Ashwagandhadi churana* contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Ashwagandha	<i>Withania somnifera</i>	Winter cherry root	Root	217.0 mg
Nagar	<i>Zingiber officinale</i>	Dry ginger	Rhizome	108.6 mg
Kana	<i>Piper longum</i>	Long pepper	Fruit	54.3 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	27.0 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon bark	Bark	5.4 mg
Tamalpatra	<i>Cinnamomum</i>	Casia leaf	Leaf	5.4 mg
Ela	<i>Elettaria cardamomum</i>	Lesser cardamon	Fruit	5.4 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	5.4 mg
Lavanga	<i>Caryophyllus aromaticus</i>	Clove	Flower buds	5.4 mg
Bharngi	<i>Clerodendron serratum</i>	—	Root	5.4 mg
Talispatra	<i>Taxus buccata</i>	Himalayan silver fir	Leaf	5.4 mg
Karchura	<i>Curcuma zedoaria</i>	Zedoary	Rizome	5.4 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seeds	Seed	5.4 mg
Kayaphala	<i>Myrica nagi</i>	Box myrtle	Root	5.4 mg
Jatamansi	<i>Nardostachys jatamansi</i>	Spikenard	Root	5.4 mg
Kankola	<i>Piper cubeba</i>	Cubeb	Fruit	5.4 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizomes	5.4 mg
Rasna	<i>Pluchea lanceolata</i>	—	Root	5.4 mg
Katuka	<i>Picrorhiza kurroa</i>	Hellebore	Root	5.4 mg
Jivanti	<i>Dendrobium macraei</i>	—	Root	5.4 mg
Kushtha	<i>Alpinia galanga</i>	Greater galangal	Rhizome	5.4 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	500.0 mg

Actions & Indications

Ashwagandha is one of the best rejuvenatives and strengthens the body by nourishing all *dhatus*. Hence, in wasting diseases like tuberculosis it works well by replenishing the body tissues and also works well to alleviate *vata dosha*. Other ingredients like dry ginger, peppers, cinnamon, clove, mesua etc. help stoking of *agni*. *Rasna*, *Bh-*

arngi etc. alleviate *vata dosha*. *Mustaka* digests the *ama*. As a whole, this preparation is useful in tuberculosis, general debility, loss of appetite and abdominal pain.

Ayurvedic texts recommend specific media of intake (*anupana*) for this preparation. Commonly

it is advised to take *Ashwagandhadi churna* with warm water. In tuberculosis of *vata* or *pitta* origin, it should be taken along with cow's ghee or goat's ghee. In *kapha* type of tuberculosis, it is advised with honey. In diabetes, it is recommended with ghee. With different specific *anupanas*, *Ashwagandhadi churna* can be of use in various diseases.

Dosage

1/2 to 1 teaspoon; with warm water in the morning.

Reference

Yoga Ratnakara, *Rajyakshma Chikitsa*

ATIVISHADI CHURNA

3

Ingredients

1 gm. *Ativishadi churna* contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Ativisha	Aconitum heterophyllum	Atis	Root	333.3 mg
Karkatshrungi	Pistacia intergerrima	Chinese galls	Galls	333.3 mg
Pippali	Piper longum	Long pepper	Fruit	333.3 mg

Actions & Indications

Ativishadi churna contains only three ingredients, which all alleviate the *kapha dosha*, in particular. It works well on the respiratory system. Hence, it is benevolent in cough, coryza and bronchial asthma, wherein *kapha* blocks the channels. It can be also used with great benefit in bronchitis and pneumonia.

Ativisha and *Pippali* increase the appetite and improve digestion. In anorexia, dyspepsia and vomiting, it is extremely salutary. *Ativisha* possesses an astringent property, which helps in controlling diarrhoea. In children especially during teething, diarrhoea is very well controlled by this preparation. Associated teething troubles like fever, cough, breathlessness, vomiting, diarrhoea etc. are mitigated with this preparation.

It is very commonly used preparation for the same purpose.

Ativisha literally meaning very toxic, is not toxic at all. The only care should be taken that this preparation should be used when it is fresh. On storage, *Ativisha* gets damaged by insects very soon. *Pippali* is the best rejuvenative for the lungs, alleviates the *kapha dosha*, hence helps relieving the respiratory ailments.

Dosage

250 mg to 500 mg; 2-3 times, with honey.

Reference

Ashtanga Hridaya

ASHTANGA LAVANA CHURNA

4

Ingredients

1 gm. *Ashtanga lavana churna* contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Souvarchal	Unaqua Sodium Chloride	Black salt	Salt	111 mg
Jiraka	Cuminum cyminum	Cumin	Seed	111 mg
Vrukshamla	Garcinia indica	Red mango	Fruit	111 mg
Amlavetas	Garcinia pedunculata	Indian rhubarb	Fruit	111 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	111 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	111 mg
Maricha	Piper nigrum	Black pepper	Fruit	111 mg
Sharkara	Saccharum officinarum	Sugar	—	223 mg

Actions & Indications

Black salt and other seven herbs together form eight ingredients, hence the name. This is one of the best preparation for loss of appetite (*mandagni*). For proper digestion, proper *agni* is essential. When *agni* gets feeble, indigestion, distaste, nausea, excessive salivation, flatulence, constipation or foul smell to faecal matter etc. symptoms are commonly sought.

Black salt improves taste sensation, stokes *agni*, digests *ama*, opens up subtle channels (*srotasas*), improves disintegration of food particles, augments enzyme secretions and as a whole, promotes digestion. *Amlavetas* and *Vrukshamla* are two sour fruits, trigger the digestive functions further, because of their predominant sour taste.

Though they augment *agni*, vitiation of *pitta* remains the possibility. To counter act and prevent it, sugar plays the role. Other ingredients like cumin seeds, cinnamon, cardamom and black pepper help stimulating the appetite, augment digestive juices and work well as a deflatulent also. This preparation is a boon to individuals with loss of appetite and poor digestion.

Dosage

2-3 gm; twice daily, after food with water.

Reference

Charaka Samhita, *Chikitsa*, A-15

AVIPATTIKAR CHURNA

5

Ingredients

1 gm. *Avipattikar churna* contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinate	Dry ginger	Rhizome	12.9 mg
Maricha	Piper nigrum	Black pepper	Fruit	12.9 mg
Pippali	Piper longum	Long pepper	Fruit	12.9 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	12.9 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	12.9 mg
Amalaki	Emblica officinalis	Embic myrobalan	Fruit	12.9 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	12.9 mg
Bidam	—	Vit salt	—	12.9 mg
Vidanga	Embelica ribes	Embelia fruits	Fruit	12.9 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	12.9 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	12.9 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	143 mg
Trivruta	Operculina turpethum	Indian jalap	Root	286 mg
Sharkara	Saccharum officinarum	Sugar	—	429 mg

Actions & Indications

Ancient seer Agastya has derived this formulation. *Trivruta* (*Nishottara*) is the cardinal ingredient, which is the potent *pitta* alleviator and mild laxative. *Avipattikar churna* is one of the best remedy for *amla-pitta* (hyperacidity). *Drava* and *sara* attributes get aggravated in *amla-pitta*, hence, it consists *ama* also. *Agni* is low and symptoms of *amla-pitta* like heart burn, belching, headache, nausea, burning of hands, feet and eyes, abdominal pain are commonly met with.

Ingredients like *Trikatu* (*Shunthi*, *Maricha* and *Pippali*), *Ela*, *Vidanga*, *Lavanga* and *Tamalpatra* stoke the *agni* and digest *ama*. *Triphala* (*Haritaki*, *Bibhitaka* and *Amalaki*) and *Trivruta* exert mild laxative action and eliminate *pitta* from the

gastrointestinal tract. In this way, the pathogenesis of *amla-pitta* is radically mitigated with *Avipattikar churna*. Similarly it works well in diseases like ascites, anasarca etc. wherein mild laxation and stimulation of *agni* is required.

Triphala and *Trivruta* causes mild griping during laxative action. Hence, *Avipattikar churna* is recommended with warm water, as warm water alleviates *vata*.

Dosage

1/2 to 1 teaspoon; 2-3 times daily, with warm water.

Reference

Bhaishajya Ratnavali, *Amla-pitta Chikitsa*

BALACHATURBHADRA CHURNA

6

Ingredients

1 gm. *Balachaturbhadra churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	250 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	250 mg
Ativisha	<i>Aconitum heterophyllum</i>	Atis	Root	250 mg
Karkatshrungi	<i>Pistacia integerrima</i>	Chinese galls	Gall	250 mg

Actions & Indications

Balachaturbhadra literally means four beneficial things for children. The mixture of above four ingredients, in equal parts, is useful for common ailments in paediatric patients viz. cough, dyspnoea, fever, diarrhoea and vomiting etc.

Mustaka is one of the best herbs useful in digestive disorders, as it is a keen stimulant for appetite, digestion and digests *ama*. It is also astringent, hence works well in diarrhoea. It is highly praised as the best panacea for dental diarrhoea in children. *Mustaka* also is used in fever with great benefit. As it alleviates *kapha dosha*, it is recommended in cough as well as bronchial asthma.

Pippali is a well known *rasayana* for the respiratory system. It also effectively reconciles the digestive functions and is used with benefit in loss of appetite, indigestion, flatulence, abdominal pain, hyperacidity etc.

Ativisha is highly recommended for diseases in children. It is a keen stimulant to digestive system as an appetiser, digestant, astringent and digests *ama* also. It is benevolent in anorexia, dyspepsia, worm infestations, vomiting and diarrhoea, especially associated with fever.

Karkatshrungi alleviates *kapha* and *vata*. It is beneficial in cough, asthma, thirst, hiccup, distaste and vomiting. It possesses hot potency and is astringent. The combination of all four herbs makes the formulation more comprehensive.

Dosage

125 mg; 3 times a day, with honey.

Reference

Bhaishajya Ratnavali, *Balarogadhikar*

BHAGOTTAR CHURNA

7

Ingredients

1 gm. *Bhagottar churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	20 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	20 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	160 mg
Pippali	Piper longum	Long pepper	Fruit	160 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Root	160 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	160 mg
Vasa	Adhatoda vasica	Malabar nut	Root	160 mg
Bharngi	Clerodendrum serratum	—	Root	160 mg

Actions & Indications

Majority of ingredients alleviate *kapha dcscha* and work well on the respiratory system. Many a times the cough becomes more troublesome, when mucous or phlegm is not relieved. The blockage of phlegm worsens the patient's condition. *Bhagottar churna* is the best remedy in such condition. The ingredients like *Bibhitaka*, *Pippali*, *Yashtimadhu* work well as mucolytic agents and *Vasa* being a potent bronchodilator, helps relieving the mucous and eases the bronchospasm.

The preparation is really a boon to asthmatic patients. It is also salutary in chronic bronchitis, pharyngitis, hoarseness of voice. *Vasa* possesses haemostatic property hence, is benevolent in the patients of tuberculosis, wherein haemoptysis i.e.

bleeding per sputum is present, is also controlled.

The combination of purified mercury and purified sulphur is a highly praised compound in Ayurvedic pharmacy. It is called as '*Kajjali*'. It is incorporated in many formulations, as it increases the bio-availability of the medicine and also has weak antiseptic properties. *Bharngi* has also a bronchodilator property, like *Vasa*.

Dosage

2-3 gm; 3 to 4 times a day, with honey.

Reference

Proprietary

BHASKAR LAVANA CHURNA**8****Ingredients**

1 gm. *Bhaskar lavana churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bruhatela	Amomum subulatum	Greater cardamom	Fruit	16 mg
Maricha	Piper nigrum	Black pepper	Fruit	24 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	24 mg
Pippali	Piper longum	Long pepper	Fruit	48 mg
Pippalimula	Piper longum radix	Root of long pepper	Root	48 mg
Saindhava	Sodium chloride	Rock salt	—	48 mg
Talis	Taxus buccata	Himalayan silver fir	Leaf	48 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	48 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	leaf	48 mg
Amlavetas	Garcinia indica	Malabar tamarind	Fruit	48 mg
Dadima	Punica granatum	Pomegranate	Fruit	96 mg
Shukla jiraka	Cuminum cyminum	Cumin seed	Seed	48 mg
Krishna jiraka	Carum carvi	Black caraway seed	Seed	48 mg
Krishnalavana	—	Black salt	—	120 mg
Samudralavana	Sodii chloridum	Common salt	—	192 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	12 mg

Actions & Indications

Bhaskar lavana churna is one more preparation, which augments *agni* and mitigates anorexia and dyspepsia. It is one of the popular preparation commonly used. Ingredients like *Pippali*, *Pippalimula*, *Jiraka*, *Maricha*, *Shunthi*, *Tamalpatra* and *Tvak* possess hot and sharp attributes, which stoke *agni* and relieve the symptoms of low *agni* like indigestion, anorexia etc.

The salts like common salt, black salt, rock salt augment the secretions of digestive juices. Moreover they also help relieving the flatulence, tympani, improve appetite and alleviate *kapha* and *vata doshas*.

The sour fruits incorporated in the formulation like pomegranate, malabar tamarind work well in augmenting the digestive secretions.

Bhaskar lavana churna is one of the best panacea for loss of appetite. It also helps in splenic disorders as well as in tumours. Especially, it relieves the abdominal pain caused due to vitiation of *vata* and *kapha doshas*. Cumin, dry ginger, cinnamon help to alleviate *vata*.

Dosage

1/2 to 1 tsf; after meal with warm water.

Reference

Sharngadhar Samhita, A-6

CHANDANADI CHURNA

9

Ingredients

1 gm. *Chandanadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chandana	<i>Santalum album</i>	White sandalwood	Heartwood	90.0 mg
Vanshalochana	<i>Bambusa arundinacia</i>	Bamboo manna	Resin	90.9 mg
Ela	<i>Elettaria cardamomum</i>	Lesser cardamom	Fruit	90.9 mg
Kankola	<i>Piper cubeba</i>	Cubeb	Fruit	90.9 mg
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	90.9 mg
Jaharmohara	—	—	—	90.9 mg
Pashana badar	Fossil enerinite	—	—	90.9 mg
Pravalpishti	<i>Corallium rubrum</i>	Fine processed powder of coral		181.8 mg
Shilajatu	Asphaltum	Purified asphalt	—	181.8 mg

Actions & Indications

It is one of the common most remedy for urinary disorders. All ingredients being cooling, help to mitigate *pitta dosha*. The symptom of burning sensation in the urinary tract is mainly caused due to hot attribute of *pitta*. The minerals like *Praval*, *Pashana badar* and *Jaharmohara* are supplemented to the herbs to alleviate burning sensation.

Ingredients like *Gokshura*, *Chandana*, *Shilajatu* and *Vanshalochana* are specific in their activity on urinary tract. They work well to alleviate the burning sensation as well as they are diuretic. Hence, as a whole, the preparation is effective in burning micturition, strangury, painful micturition, scanty micturition and urinary calculi.

Chandanadi churna is processed with the juices of *Amalaki* and rose water, to alleviate burning

sensation. The process is called as *bhavana* in Ayurveda.

In small sized urinary stones (calculi), the ingredient like *Pashana badar* works well as litholytic agent, which enables many a times to avert surgery. *Shilajitu* and *Jaharmohara* also work well in urinary stones.

Chandanadi churna can be of great help in patients suffering from recurrent urinary stone formations, as a preventive medicine.

Dosage

2-4 gm; 3 times daily with coconut water.

Reference

Proprietary

CHAUSASHTHI PIMPALI CHURNA

10

Ingredients

1 gm. *Chausashthi pimpali churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Pippali	Piper longum	Long pepper	Fruit powder	1 gm

Actions & Indications

The word '*Chausashtha*' indicates sixty four. *Chausashthi pimpali churna* is one of the unique preparations, which is prepared by fortifying the *Pimpali* i.e. *Pippali* powder, by triturating it with the decoction of *Pippali* itself, for the duration of 8 days (64 *Prahara*). Totally 64 times the fortification is done. It makes *Pippali* very potent and subtle, hence, can be useful in smaller doses.

Pippali is a very powerful stimulant for both the digestive and respiratory systems. Because of its hot potency, it mitigates *kapha dosha* effectively. It removes colds, congestion and *ama* and revives the weakened organic functions. It is also a rejuvenative, mainly for the lungs and *kapha dosha*.

The preparation is extremely useful in cough, bronchial asthma and hiccup. *Chausasthi pimpali* not only mitigates and expectorates the phlegm,

but also prevents recurrence of formation of phlegm. It is used with great benefit in tuberculosis as it strengthens the lung tissue and reduces the fever as well. In bronchial asthma, this formulation is used to prevent the recurrence of bronchial spasms and their intensity.

Pippali is also an effective panacea in digestive disorders, as it reconciles the functions of digestive system. It works well in hyperacidity, flatulent dyspepsia, abdominal pain, anorexia and piles. It is also an aphrodisiac and strengthens the reproductive functions. *Pippali* is highly praised as the great medicine, for splenic disorders.

Dosage

125-250 mg; 2-3 times a day, with honey or milk.

Reference

Proprietary

CHITRAKADI CHURNA

11

Ingredients

1 gm. *Chitrakadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chitraka	Plumbago zeylanica	Ceylon leadwort	Root	160 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	70 mg
Hingu	Ferula narthex	Asafoetida	Resin	70 mg
Pippali	Piper longum	Long pepper	Fruit	70 mg
Pippalimula	Piper longum-radix	Long pepper root	Root	70 mg
Maricha	Piper nigrum	Black pepper	Fruit	70 mg
Ajamoda	Carum roxburghianum	Clery seeds	Seed	70 mg
Sajikshara	Sodii carbonas impura	Washing soda/salsoda	Alkali	70 mg
Yavakshara	Postasii carbonas	Carbonate of potash	Alkali	70 mg
Samudra	Sodium muras	Common salt	—	70 mg
Sauvarchala	Unaqua sodium chloride	Black salt	—	70 mg
Bidalavana	—	Vit salt	—	70 mg
Romelavana	—	—	—	70 mg

Actions & Indications

First, herbal fine powders are mixed with salts and alkalis and then the whole mixture is triturated in pomogranate fruit juice (*Punica granatum-Dadima*) and *Matulunga* fruit juice (*Citrus medica*). Finally, the whole triturated mixture is dried in sunheat and then finely powdered.

Chitrakadi churna is one of the best preparation to stoke *agni* and improve the appetite. As it contains herbs like *Chitraka*, *Maricha*, *Pippali* etc. which are hot and sharp in their attributes, boost up *agni*. The alkalis themselves are sharp in

attribute which help improve secretions of digestive juices. The formulation is finally fortified with sour fruit juices of *Dadima* and *Matulunga* and alleviate abdominal pain. The preparation is used in anorexia, distaste, dyspepsia and flatulence.

Dosage

1-2 gm; 2-3 times daily, with buttermilk

Reference

Yoga Ratnakara

CHOPCHINYADI CHURNA

12

Ingredients

1 gm. *Chopchinyadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Pippali	Piper longum	Long Pepper	Fruit	29.4 mg
Pippalimula	Piper longum	Root of long pepper	Root	29.4 mg
Maricha	Piper nigrum	Black pepper	Fruit	29.4 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	29.4 mg
Akarkarabha	Anacyclus pyrethrum	Pellitory	Root	29.4 mg
Kokilaksha	Asterantha longifolia	—	Seed	29.4 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	29.4 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	29.4 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	29.4 mg
Sharkara	Sacchrum officinarum	Sugar	—	147 mg
Dwipantar vacha	Smilax china	China root	Root	588 mg

Actions & Indications

Chopchinyadi churna is one of the important medicine, mentioned in ancient scripts of Ayurveda, for venereal diseases like syphilis and gonorrhoea. *Chopchini* i.e. *Dwipantar vacha* (*Smilax china*) is highly praised in treating venereal diseases. Though it is highly praised for, one should keep in mind that it only works in early stages of the disease. It works well in primary sore in the syphilis and within four to five days after intercourse with an infected partner in gonorrhoea where in some discomfort in micturition is seen.

In the later stages, syphilitic arthritis or gonococcal arthritis gets developed. *Chopchinyadi churna* helps to alleviate swelling and pain in the joints. Ingredients like *Pippalimula*, *Maricha* and *Akarkarabha* alleviate the pains. This preparation also works well in rheumatoid arthritis and gout.

It is also used with great benefit to alleviate impotence caused by venereal diseases.

Chopchinyadi churna is benevolent in epilepsy also. Ingredients like *Akarkarabha*, *Dwipantar vacha* help maintaining the balance of mind and curbs the mental debility. It also reduces the duration, frequency and intensity of seizures in epilepsy. It works well in obstinate urinary disorders, ulcerations, diabetes, skin diseases and nervous disorders.

Dosage

500 mg to 1 gm; thrice a day with honey or ghee.

Reference

Bharata Bhaishajya Ratnakara, Vol. 2, F. 1733

DADIMASHTAKA CHURNA

13

Ingredients

1 gm. *Dadimasthaka churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Dadima	<i>Punica granatum</i>	Pomegranate	Fruit	106 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	106 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	106 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	106 mg
Tvak	<i>Cinnamomum zeylanium</i>	Cinnamon	Barkskin	53 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	53 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	53 mg
Khanda sharkara	<i>Sacchrum officinarum</i>	Rock candy	—	425 mg

Actions & Indications

Dadimashtaka churna is another important formulation useful in loss of appetite and related gastrointestinal disorders. Pomegranate (*Dadima*) possesses sweet and sour taste and hence stokes *agni*. It also improves the taste sensation and alleviates *kapha* and *vata* doshas. Moreover, *Trikatu* i.e. *Shunthi*, *Maricha* and *Pippali* help augmenting *agni* further. It aids in digestion also. Aromatic ingredients like *Ela*, *Tvak* and *Tamalpatra* facilitate *vata* from digestive tract. As a whole, the preparation is an effective remedy for distaste, loss of appetite, belching, flatulence and abdominal dull ache.

Dadima also works well in intestinal worm infestations. *Agnimandya* i.e. low *agni* is one of the factor of pathogenesis of worm infestations.

Hence, with augmenting the *agni* and improving digestion, it gives rewards in worms. *Dadimashtaka churna* is one of the highly recommended drugs in the treatment of colitis (*sangrahani*). It also augments the haemoglobin and tones up the cardiac musculature. Hence it works in anaemia and cardiac failure with great benefit. In *kapha* diseases like sore throat, bronchitis, dyspnoea it is salutary.

Dosage

2-4 gm; thrice a day, with honey.

Reference

Brihannighantu Ratnakara

DRAKSHADI CHURNA

14

Ingredients

1 gm. *Drakshadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Draksha	Vitis vinifera	Black Raisins	Fruit	71 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	71 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	71 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	71 mg
Maricha	Piper nigrum	Black pepper	Fruit	71 mg
Pippali	Piper longum	Long pepper	Fruit	71 mg
Daruharidra	Berberis aristata	Indian berberry	Bark	71 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	71 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	71 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	71 mg
Patha	Cissampelos pareira	False pareira brava	Root	71 mg
Rasanjana	Extractum berberis	Extract of Indian berbery	—	71 mg
Murva	Clematis gouriana	Bow string hemp	Root	71 mg
Chavya	Piper chaba	Java long pepper	Fruit	71 mg

Actions & Indications

Draksha is highly esteemed as one of the best fruits (*phalottama*) in Ayurvedic texts. The black raisins, dried fruits, in this preparation relieve the vitiation of *pitta*, relieves headache by exerting mild laxative action. *Trikatu* i.e. three pungents viz. *Shunthi*, *Maricha* and *Pippali* alleviate *kapha* and works well to increase the bio-availability of the whole preparation. It is beneficial in the diseases of the throat like pharyngitis, tonsillitis etc. *Triphala-Haritaki*, *Bibhitaka* and *Amalaki* exerts mild laxative action and alleviates *pitta dosha*. It also works well as a *rasayana*, to prevent recurrent infections of the throat.

Rasanjana, a crude extract prepared from the bark of *Daruharidra* is very useful in infections

of throat. Gargles of *Rasanjana* by itself are recommended to alleviate the diseases of the mouth and throat.

As a whole, *Drakshadi churna* is a comprehensive formulation to alleviate diseases of the throat, especially of *kapha* and *pitta* type. *Daruharidra* works well as a blood purifier and becomes beneficial.

Dosage

500 mg; thrice a day, with honey.

Reference

Bharata Bhaishajya Ratnakara, Vol. 3, F. 2981

ELADI CHURNA

15

Ingredients

1 gm. *Eladi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ela	Elettaria cardamomum	Cardamom	Fruit	85 mg
Priyangu	Callicarpa macrophylla	—	Fruit	85 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	85 mg
Badar	Zizyphus vulgaris	Indian plum	Fruit	85 mg
Pippali	Piper longum	Long pepper	Fruit	85 mg
Chandana	Santalum album	Sandalwood	Heartwood	85 mg
Lavanga	Syzygium aromaticum	Clove	Flowerlound	85 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamer	85 mg
Vrihi	Oryza sativum	Puffed rice	Fruit	320 mg

Actions & Indications

Eladi churna is an unique preparation to alleviate vomiting. In *chhardi* (vomiting), the direction of *vata* gets changed, entirely in opposite way. The indigested food is regurgitated through mouth and if it recurs for many times in a day, may cause dehydration.

Most of the ingredients in this preparation are aromatic, which possess the property to alleviate *vata dosha*. *Ela*, *Lavanga*, *Mustaka*, *Priyangu*, *Chandana*, *Nagakeshara* are all aromatic ingredients. These are *anulomaka* to *vata* i.e. they rectify the direction of *vata*, which is deranged in vomiting.

Ingredients like *Badar*, *Chandana* and *Nagakeshara* possess astringent property and hence, they reduce the secretions. Puffed rice powder promptly rectifies the signs of dehydration by replenishing the *rasa dhatu*. *Eladi churna* can be safely used in vomiting during pregnancy, as it replenishes the *rasa dhatu* and alleviates vomiting.

Dosage

1-3 gm; 3-4 times a day with honey or sugar.

Reference

Sharnagdhar Samhita, *Madhyam Khanda*, A-6

GANDHARVA HARITAKI CHURNA

16

Ingredients

1 gm. *Gandharva haritaki churana* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	800 mg
Eranda sneha	<i>Ricinus cummunis</i>	Castor oil	Seed oil	200 mg

Actions & Indications

Haritaki powder is fried in castor oil, in an iron vessel. *Gandharva* is a synonym to *Eranda* plant. *Haritaki* is one of best laxative herb. With *Eranda*, the laxative property is enhanced by many folds, as *Eranda* also is one of the cardinal laxatives. In constipation, this formulation is commonly used with great benefit.

Constipation is one of the common most symptom met in the society. There are many individuals who have only constipation, otherwise they are normal. In such persons, many a times *vata* is the culprit. There is dryness in the tract and faecal matter becomes hard due to *vata*. In these individuals oleation is utmost required, which alleviates *vata* and eases the problem of constipation. *Eranda* possesses unctuous attribute, which enables to alleviate *vata* and *Haritaki* in addition, acts synergistically.

Gandharva haritaki churana is one of the most commonly used preparation in *vata* diseases like paralysis. During defaecation, it causes griping pains in the abdomen, hence, it is recommended with hot water. The hot water alleviates *vata*, whereas cold water aggravates it. This preparation softens the stools and eases the problem of constipation. It works well in piles, especially of *vata* type. As an adjuvant, it works well in lumbar spondylosis, sciatica, haemorrhoids, anal fissure and fistula, where *vata* is the causative factor.

Dosage

2-3 gm; at night, with hot water.

Reference

Proprietary

GANGADHAR CHURNA

17

Ingredients

1 gm. *Gangadhar churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Mocharasa	<i>Salmaia malabarica</i>	Gum of silk cotton tree	Gum	166.6 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	166.6 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchi seeds	Seeds	166.6 mg
Bilva	<i>Aegle marmelos</i>	Bael	Fruit	166.6 mg
Dhataki	<i>Woodfordia floribunda</i>	Fire flame bush flower	Leaf	166.6 mg
Lodhra	<i>Symplocos recemosa</i>	Lodh	Bark	166.6 mg

Actions & Indications

Gangadhar churna is an excellent remedy for diarrhoea and dysentery. Ingredients like *Mustaka*, *Bilva*, *Lodhra* and *Mocharasa* possess astringent property and hence, they promptly control diarrhoea and also arrest bleeding. Chiefly, *Bilva* and *Mocharasa* help in haemostatic activity.

Commonly diarrhoea, dysentery, colitis are frequently met problems in day to day practise. Bleeding in faeces makes the patients panic. This formulation is beneficial in controlling diarrhoea as well as bleeding.

The above mentioned formulation is also called as *Laghu gangadhar churna*. Improved version of this formulation is called as *Brihad* (or *Vridhdha*) *gangadhar churna*, as it contains few more ingredients like *Shunthi*, *Patha*, *Amra*, *Ativisha* and *Lajjalu*. Amongst these, *Shunthi*, *Patha* and

Ativisha augment *agni* and hence, the root cause of diarrhoea, dysentery which is low *agni*, is also taken care of. This formulation is more potent than *Laghu gangadhar churna*. It also exerts prompt haemostatic or styptic action and arrests bleeding. Dosage and *anupana* is same for both the formulations. In market *Brihad gangadhar churna* or *Vridhdha gangadhar churna* is available with its either name. But *Laghu gangadhar churna* is only called as *Gangadhar churna*.

Dosage

2-3 gm; 3 to 4 times daily, with buttermilk.

Reference

Gangadhar churna (Laghu) – Sharngadhar Samhita

Brihad gangadhar churna – Bhavaprakasha Nighantu

GOMUTRA HARITAKI CHURNA

18

Ingredients

1 gm. *Gomutra haritaki churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	1 gm
Gomutra	—	Cow's urine	Urine	9.5 gm

Actions & Indications

There is no substance in the world which is not medicine. According to Ayurveda everything is medicine, what is important is to know its exact use. The medicines are classified in three groups of animal, plant and mineral origin. The animal-based sources described were honey, milk, bile, fat, marrow, blood, flesh, sinews, urine, skin, semen, bone, horns, nails, hooves, hair, down and inspissated bile.

In ancient times, Ayurvedic physicians used to prepare their medicines. *Gomutra haritaki churna* is a simple to prepare formulation. First *Haritaki* fruit powder is roasted in an iron vessel and cow's urine is added to it and roasted further, till the liquid part is evaporated. After repeating this procedure for ten times, the final preparation is ready.

Haritaki is one of the best laxative herbs. Cow's urine is laxative as well as diuretic and it adds to

the laxative effect of *Haritaki*. *Gomutra haritaki churna* is one of the best laxative preparations.

It is used with great benefit where body fluids are retained in the body viz. nephritis, congestive cardiac failure, ascites, nephrotic syndrome, hypothyroidism, anasarca etc. The oedema in these diseases is of *kapha* origin. *Gomutra haritaki churna* works well as a laxative as well as diuretic and flushes out the retention of excessive body fluids. Cow's urine alone (100-200ml) is not palatable because of its foul odour. Hence, this formulation serves the purpose.

Dosage

2-3 gm; thrice daily.

Reference

Bharata Bhaishajya Ratnakara

HARATAL MISHRAN CHURNA

19

Ingredients

1 gm. *Haratal mishran churana* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha haratal	Arsenic	Purified yellow orpiment	—	66.6 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	333.3 mg
Tankana	Sodii Biboras	Purified sodium borate	—	333.3 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	66.6 mg
Maricha	Piper nigrum	Black pepper	Fruit	66.6 mg
Hiraka	—	Iron sulphate	—	66.6 mg
Tuttha	Cupri sulphas	Copper sulphate	—	66.6 mg

Actions & Indications

The minerals like *Haratal* and *Gandhaka* are classified as '*Uparasa*' by Ayurveda. After purification they are used for the medicinal purpose. These *uparasas* possess rejuvenating properties. *Haratal* is the chief ingredient in this formulation. It possesses pungent and astringent tastes, pungent post digestive effect and hot potency. It alleviates *vata* and *kapha doshas*. It is one of the best mineral, next to *Gandhaka*, used in treating various skin afflictions. It is salutary in gout, syphilis and gonorrhoea also. In this formulation, with other ingredients, it is chiefly used to treat skin disorders of varied etiology.

Gandhaka works well as an antiseptic. It is used externally, in the base like vaseline, buttermilk or *Shatadhauta ghrta*. *Tuttha* is useful as a scraping agent (*lekhana*) in hyper-keratinization. It is rejuvenative and alleviates all three *doshas*.

The herbs like *Maricha* and *Mustaka* are also incorporated in this formulation. *Maricha*, externally used, helps reducing pain and swelling. It is salutary in scabies as it curbs the itching sensation in the skin. Similarly, external application of *Mustaka* relieves itching sensation and reduces the foul odour in skin afflictions, caused by excessive sweating. Generally, in skin diseases, the vitiated *doshas* when get spread all over in the body, vitiate skin, blood, muscle tissue and plasma and augments *kleda* at the sites in the skin and cause inflammation and decay. *Haratal mishran churana* helps in such conditions.

Dosage

For external use; apply on affected area.

Reference

Proprietary

HINGWASHTAKA CHURNA

20

Ingredients

1 gm. *Hingwashtaka churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	125 mg
Maricha	Piper nigrum	Black pepper	Fruit	125 mg
Pippali	Pipper longum	Long pepper	Fruit	125 mg
Ajamoda	Carum copticum	Ajowan	Seed	125 mg
Saindhava	Sodium chloride impura	Rock salt	—	135 mg
Jiraka	Cuminum cyminum	Cumin seeds	Seed	125 mg
Krishnajiraka	Carum caraway	Black caraway	Seed	125 mg
Hingu	Ferula foetida	Asafoetida	Resin	125 mg

Actions & Indications

Hingwashtaka churna consists of *Hingu* (asafoetida) and seven other ingredients. Asafoetida is commonly used in kitchen as a spice, in very small quantities. It also stokes *agni* and possesses deflatulent, anticolic, digestant, stimulant and vermifugal properties. Other ingredients like *Shunthi*, *Jiraka*, *Ajamoda* and *Maricha* are also used as household condiments. They also have similar properties, hence, as a whole, the formulation works well to augment the appetite, improve the taste sensation and digestion.

Common symptoms of poor appetite and indigestion are distaste, loss of appetite, abdominal dull pain, flatulence, nausea, vomiting, constipation or diarrhoea. The poor or low *agni* and hence, indigestion is the route cause behind all these symptoms. *Hingwashtaka churna* treats the causative factor i.e. low *agni* and relieves all the symptoms.

Ingredients like *Ajamoda*, *Hingu*, *Jiraka* and *Maricha* contain volatile oils and are aromatic. The volatile oils alleviate *vata dosha* i.e. flatulence and relieve abdominal distention and pain. The diseases like piles, asthma, colitis are also caused by low *agni*, hence, this preparation also can be of great use. The media of intake (*anupana*) for *Hingwashtaka churna* recommended, is hot water. As hot water releases *vata*, it works well as an apt *anupana*. *Hingwashtaka churna* is a very common household remedy for indigestion and flatulence.

Dosage

1-2 gm; twice a day, after food, with hot water.

Reference

Yoga Ratnakara

JATIPHALADI CHURNA

21

Ingredients

1 gm. *Jatiphaladi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Jatiphala	<i>Myristica fragrans</i>	Nutmeg	Fruit	183 mg
Lavanga	<i>Caryophyllus aromaticus</i>	Clove	Flower	16.6 mg
Ela	<i>Elettaria cardamomum</i>	Lesser cardamom	Fruit	16.6 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	16.6 mg
Tvak	<i>Cinnamomum zeylanica</i>	Cinnmon bark	Bark	16.6 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	16.6 mg
Karpura	<i>Cinnamomum camphora</i>	Camphora	Resin	16.6 mg
Chandana	<i>Santalum album</i>	Sandalwood	Heartwood	16.6 mg
Lodhra	<i>Symplocos recemosa</i>	Lodh	Bark	16.6 mg
Vanshalochana	<i>Bambusa arundinacia</i>	Bamboo manna	Resin	16.6 mg
Tagara	<i>Valeriana wallichii</i>	Indian valerian	Root	16.6 mg
Amalaki	<i>Emblica officinalis</i>	Emblic myrobalan	Fruit	16.6 mg
Talispatra	<i>Taxus buccata</i>	Himalayan silver fir	Leaf	16.6 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	16.6 mg
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	16.6 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seeds	Seed	16.6 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	16.6 mg
Vidanga	<i>Embelia ribes</i>	Embella fruits	Fruit	16.6 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Furit	16.6 mg
Bhanga	<i>Cannabis sativa</i>	Indian hemp	Seed	16.6 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	33.2 mg

Actions & Indications

Jatiphala is the chief ingredient in this combination, which exerts excellent antidiarrhoeal activity because of its astringent property. Other ingredients like *Lodhra*, *Nagakeshar*, *Bhanga* & *Karpura* add their astringent property & the formulation becomes more potent antidiarrhoeal one.

In gastrointestinal disorders like diarrhoea and

dysentery etc. low *agni* is the causative factor. Many a times, acute diarrhoea and dysentery cause dehydration, wherein, to avoid it potent anti-diarrhoeal remedy is required. *Jatiphaladi churna* fulfills this requirement, effectively. The ingredients like *Chandana*, *Shunthi* and *Tagara* further fortify the composition. In addition *Shunthi*, *Maricha*, *Pippali*, *Lavanga*, *Jiraka*,

Chitraka and *Vidanga* stoke the *agni* very well. As a whole, the aetiopathogenesis of diarrhoea, dysentery, colitis etc. is completely taken care of by augmenting the *agni* and by astringents, the anti-diarrhoeal action is achieved in a comprehensive manner.

Dosage

2 to 3 gm; 3-4 times daily, with honey or buttermilk.

Reference

Yoga Ratnakara, *Sangrahani Chikitsa*

KARPURADI CHURNA

22

Ingredients

1 gm. *Karpuradi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sharkara	Sacchrum officinarum	Sugar	—	500 mg
Karpura	Cinnamomum camphora	Camphor	Resin	25 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	25 mg
Kankola	Piper cubeba	Cubeb	Fruit	25 mg
Jatiphala	Myristica fragrans	Nutmeg	seed	25 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	25 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	50 mg
Maricha	Piper nigrum	Black pepper	Fruit	75 mg
Pippali	Piper longum	Long pepper	Fruit	100 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	125 mg

Actions & Indications

Three popular mixtures of herbal powders viz. *Sitopaladi churna*, *Talisadi churna* and *Karpuradi churna* are commonly used in the treatment of cough of *pittaja*, *vataja* and *kaphaja* origin, respectively.

The clinical signs and symptoms of *kaphaja kasa* i.e. cough of *kapha* origin are low *agni*, heaviness in the body, vomiting, nausea, distaste, heart burn, excessive salivation, sticky mouth and throat, malaise, itching sensation all over the body and severe colds. Aggravation of *kapha dosha* causes all this clinical picture. Mitigation of *kapha dosha* and facilitation of phlegm, thus is required to treat *kaphaja* type of cough.

Karpura along with *Shunthi*, *Maricha* and *Pippali*, which are the chief ingredients in this formulation, mitigate *kapha* effectively. Facilitation of phlegm

and clearing off the blocked secretions in the respiratory channels is very well achieved with these ingredients. Aromatic ingredients like *Kankola*, *Ela*, *Jatipatri*, *Lavanga* and *Jatamansi* potentiate the actions of *Karpura* in alleviating *kapha* and *vata* and work well as mucolytic agents.

Karpuradi churna is an effective remedy for *kaphaja* cough, bronchitis, bronchopneumonia, bronchiectasis, bronchial asthma, influenza and also tuberculosis.

Dosage

2 to 3 gm; thrice a day, with warm water or honey.

Reference

Yoga Ratnakara, *Rajayakshma Chikitsa*

KATPHALADI CHURNA

23

Ingredients

1 gm. *Katphaladi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Katphala	Myrica nagi	Box myrtle	Extract	166.6 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	166.6 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	166.6 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	166.6 mg
Karkatshrungi	Rhus succedanea	Chinese galls	Gall	166.6 mg
Pushkaramula	Inula racemasa	—	Root	166.6 mg

Actions & Indications

Katphala, the chief ingredient is pungent, bitter and astringent in taste, pungent in the post digestive effect and has hot potency. It alleviates *kapha* and *vata doshas*. It is useful in cough, bronchial asthma, fever, distaste and cardiac debility. *Katuka* works well to reduce fever, in this composition. *Mustaka* digests *ama*, stimulates *agni* and also relieves fever. *Shunthi* relieves the abdominal pain by alleviating *vata* and also is rewarding in dyspepsia, anorexia, asthma, cold, nausea and cough. The ingredient like *Pushkaramula* relieves the bronchospasm, destorys *ama* and is the highly praised panacea for cough, hiccup and bronchial asthma. *Karkatshrungi* is an effective remedy, especially in children, for cough, fever and vomiting.

As a whole, *Katphaladi churna* promptly controls

the dry cough. It is extremely beneficial in the diseases of the throat. It reduces the inflammation of the pharynx and larynx and releases the mucous. It helps in hoarseness of voice also. The intensive dry cough many a times, becomes the worst problem in asthma and in cardiac patients. This preparation releases the sticky mucous from throat and eases the condition. It effectively combats colds also.

Dosage

1-2 gm; 3-4 times a day, with honey and ginger juice.

Reference

Sharngadhar Samhita, *Madhyam Khanda*, A-6

LAVANGADI CHURNA

24

Ingredients1 gm. *Lavangadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Lavanga	<i>Syzygium aromaticum</i>	Clove	Flower bud	40 mg
Kankola	<i>Pipper cubeba</i>	Cubeb	Fruit	40 mg
Ushira	<i>Vetiveria zizanioides</i>	Cuscut grass	Root	40 mg
Chandana	<i>Santalum album</i>	Sandalwood	Heartwood	40 mg
Kamal	<i>Nelumbium speciosum</i>	Lotus	Seed	40 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seed	Seed	40 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	40 mg
Tagara	<i>Valeriana wallichii</i>	Indian valerian	Root	40 mg
Tvak	<i>Cinnamon zeylanicum</i>	Cinnamon	Bark	40 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	40 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	40 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	40 mg
Jatamansi	<i>Nardostachys jatamansi</i>	Spikenard	Root	40 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	40 mg
Sariva	<i>Hemidesmus indicus</i>	Indian sarsaparilla	Root	40 mg
Jatiphala	<i>Myristica fragrans</i>	Nutmeg	Seed	40 mg
Vanshalochana	<i>Bambusa arundinaceae</i>	Bamboo	Resin	40 mg
Sita	<i>Saccharum officinarum</i>	Sugar	—	320 mg

Actions & Indications

Lavangadi churna is one of the best remedy to alleviate distaste. The root cause of distaste (*arochaka*) is low *agni* (*agnimandya*), which gets stoked with this *churna*. Majority of the ingredients in this formulation are aromatic which work well as mouth odorant and also alleviate *vata*. Hence, the *churna* is useful in flatulence and abdominal pain.

Jatiphala, *Nagakeshar*, *Shunthi* augment *agni* and also work well as astringents. It helps in diarrhoea, dysentery and colitis. *Jatamansi*, *Jatiphala* and *Tagara* prevent premature ejaculation of seminal fluid, hence useful in sexual debility.

Ingredients like *Lavanga*, *Ela*, *Tvak*, *Pippali*, *Vanshalochana* and *Kankola* mitigate *kapha dosha* and effectively work on the respiratory system. Hence, *Lavangadi churna* is extremely beneficial in bronchial asthma, tuberculosis, pharyngitis, colds, cough and hiccup.

Dosage

2-3 gm; thrice a day with honey.

Reference

Bhaishajya Ratnavali, *Rajayakshma*

MAHASUDARSHAN CHURNA

25

Ingredients

1 gm. *Mahasudarshan churana* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	34.4 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Amalaki	Emblica officinalis	Emblc myrobalan	Fruit	
Haridra	Curcuma longa	Turmeric	Rhizome	34.4 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	34.4 mg
Dhanvayas	Fagonia cretica	Khorasan thorn	Leaf	34.4 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	34.4 mg
Katuka	Picrorhiza kurroa	Hellebore	Root	34.4 mg
Parpat	Fumaria indica	Common fumitory	—	34.4 mg
Nimba	Azadirachta indica	Margosa	Leaf	34.4 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Rhizome	34.4 mg
Kutaja	Holarrhena antidysenterica	Kurchi	Bark	34.4 mg
Ativisha	Aconitum heterophyllum	Atis	Root	34.4 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	34.4 mg
Kiratatikta	Swertia chirata	Chiretta	Whole	34.4 mg
Trikatu	Zingiber officinale	Three pungents	Rhizome	34.4 mg
	Piper longum, Piper nigrum		Fruits	
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	34.4 mg
Ushira	Vetivaria zizanioides	Cuscut grass	Root	34.4 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	34.4 mg
Devadaru	Cedrus deodara	Cedarwood	Root	34.4 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	34.4 mg

Actions & Indications

It is one of the highly esteemed medicine for all types of fevers. In pathogenesis of any fever, the vitiated *doshas* get accumulated in the stomach and cause lowering of *agni* (*agnimandya*). This

leads to formation of *ama* and blockages into micro channels (*srotorodha*). The vitiation of *pitta dosha* and its hot and sharp attributes cause rise in body temperature.

The majority of ingredients in this formulation are bitter in the taste, which alleviate *pitta dosha* effectively. In addition, few herbs like *Chandana*, *Dhanvayas* and *Parpat* because of their cold potency, help in addition to pacify *pitta dosha*.

Mahasudarshan churna is recommended in all types of fevers, especially intermittent fever. As a whole, the ingredients of this formulation alleviate *pitta dosha*, stoke *agni*, digest the *ama*

and clears off the blockages in the subtle channels in the body. This help in treating the pathogenesis of any type of fever.

Dosage

2-3 gm; three times a day, with honey.

Reference

Yoga Ratnakara, *Jwaradhikara*

NARAYANA CHURNA 26

Ingredients

1 gm. *Narayana churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ajawayan	Carum roxburghianum	Clery seeds	Seed	35 mg
Hapusha	Juniperus communis	Juniper berry	Fruit	35 mg
Dhanyaka	Coriandrum sativum	Coriander	Fruit	35 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	35 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	35 mg
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	35 mg
Krishnajiraka	Carum bulbocastanum	Black caraway	Seed	35 mg
Pippalimula	Piper longum radix	Long pepper-root	Root	35 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	35 mg
Maricha	Piper nigrum	Black pepper	Fruit	35 mg
Pippali	Piper longum	Long pepper	Fruit	35 mg
Sattyanashi	Argemone mexicana	Mexican poppy	Root	35 mg
Yavakshara	Potasii carbonas	Carbonate of potash	Alkali	35 mg
Sajjikshara	—	—	Alkali	35 mg
Pushkaramula	Inula racemosa	—	Root	35 mg
Kushtha	Saussurea lappa	Costus	Root	35 mg
Lavana panchaka	—	Five salts	Salts	35 mg
Vidanga	Embellia ribes	Bidanga	Fruit	25 mg
Danti	Baliospermum montanum	—	Root	105 mg
Trivruta	Operculina turpethum	Turpeth	Root	70 mg
Indravaruni	Citrullus colocynthis	Indian wild gourd	Fruit	70 mg
Satala	Acacia rugata	—	Fruit	140 mg

Actions & Indications

Narayana churna is one of the outstanding purgative preparations. It is selectively used in the diseases like ascites, congestive cardiac failure, asthma, tumours, chronic fever and skin diseases; wherein fluid retention in the body is desired to

get flushed out. Ingredients like *Indravaruni*, *Trivruta*, *Danti* and *Satala* are heavy purgative, which are supplimented by *Triphala*, *Vidanga*, *Yavakshara* and *Sajjikshara*.

In ascites, low *agni* causes accumulation of *ama* leading to blockages in *srotasas* and further accumulation of wastes. The obstructive pathology is found more in *ambuvaha* and *swedavaha srotasas*. Due to vitiation of *prana*, *samana* and *apana vata* the fluid retention takes place in the peritoneal cavity and leads to enlargement of abdomen and flatulence. In modern medicine, use of diuretics is advised. Ayurveda recommends purgation along with diuresis, which facilitates the fluid loss more

effective, prevents recurrence of accumulation and also alleviates *pitta dosha*. Ingredients like *Trikatu*, *Chitraka*, *Hapusha*, *Dhanyaka*, five salts, *Pippalimula* stoke *agni* and help treating the basic causative factor.

Dosage

1-3 gm; at night with hot water.

Reference

Brihad Yoga Tarangini, P. 105

NAVAYAS CHURNA

27

Ingredients

1 gm. *Navayas churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	55.5 mg
Maricha	Piper nigrum	Black pepper	Fruit	55.5 mg
Pippali	Piper longum	Long Pepper	Fruit	55.5 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	55.5 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	55.5 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	55.5 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	55.5 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	55.5 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	55.5 mg
Lohabhasma	Ferrum	Calx of purified iron	—	500 mg

Actions & Indications

Sanskrit word 'Ayas' means *loha* or iron and 'Nayayas' indicates iron with other nine ingredients. *Navayas churna* is also known as *Navayas loha*. This composition is one of the supreme haematinic formulation.

Anaemia (*Pandu roga*) is one of the common disease met in day to day practise. Ayurvedic texts describe vividly different types of anaemia viz. *vataja*, *pittaja*, *kaphaja* and *sannipatika*. There is also a mention of anaemia due to intestinal worm infestation (*Mrudjanya pandu*). *Navayas churna* is highly recommended for the treatment of anaemia.

Low *agni* is one of the contributing factors in anaemia. Ingredients like *Shunthi*, *Maricha*, *Pippali* and *Chitraka* augment *agni* and improve

digestion. The *Loha bhasma* works well to increase the haemoglobin percentile in the blood. Recurrent worm infestations in childhood is one of the common most contributory factor in anaemia. The ingredient *Vidanga* prevents and alleviates the intestinal worm infestations. Iron compound commonly causes constipation, which is overcome with *triphala*, especially by *Ama-laki*. *Navayas churna* is useful in anaemia, ana-sarca, piles, ascites and helminthiasis.

Dosage

1-2 gm; thrice a day with ghee and sugar.

Reference

Bharata Bhaishajya Ratnakara, Vol. 3, F. 3608

NIMBAGANDHAKA CHURNA

28

Ingredients

1 gm. *Nimbagandhaka churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Nimba	Azadirachta indica	Margosa	Bark	500 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	500 mg

Actions & Indications

Nimbagandhaka churna is one of the finest preparation used as a blood purifier. *Nimba* is one of the bitter most herbs, which effectively pacifies *pitta dosha*. *Gandhaka* is one of the best rejuvenatives, antidermatoses, antimicrobial and detoxifier. It works well specifically on the skin and blood, by penetrating through subtle channels in the body. The burning sensation on the skin or any where in the body indicates aggravation of *pitta dosha*, especially by its sharp and hot attributes. This formulation is the choicest medicine in skin diseases caused by vitiation of *pitta dosha*. *Nimba* addition makes the formulation more effective as it is also the best blood purifier.

Skin diseases associated with intensive itching, rashes or pustule formations, oozing and burning etc. respond well to this preparation. It is used

with great benefit in scabies and minor infected skin conditions. Piles associated with burning sensation in the anal canal due to vitiated *pitta*, also respond well. In conjunctivitis associated with redness of the eyes, burning and itching and mucopurulent discharge etc. are treated with great benefit. The chronic non-healing wounds with foul smelling and decay also can be treated with this preparation. *Nimbagandhaka churna* is a widely used formulation in treating skin diseases, especially scabies, by Ayurvedic physicians.

Dosage

250-500 mg; thrice a day with honey.

Reference

Proprietary

PANCHASAMA CHURNA

29

Ingredients

1 gm. *Panchasama churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	200 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	200 mg
Jiraka	Cuminum cyminum	Cumin seeds	Seeds	200 mg
Trivruta	Operculina turpethum	Indian Jalap	Root	200 mg
Souvarchal	Unaqua sodium chloride	Black salt	—	200 mg

Actions & Indications

Sanskrit word *Panchasama* literally means five ingredients in equal parts. This is one of the useful composition to stimulate the appetite, impart a mild laxative action, to improve digestion and alleviate the flatulence.

Shunthi and *Jiraka* help to stimulate *agni*, *Haritaki* and *Trivruta* exert mild laxative action, *Souvarchal* i.e. black salt improves secretion of digestive juices, *Jiraka* curbs flatulence.

This is how all the five ingredients together, help in stimulating the digestive functions. This composition also helps improving the general feeling of wellbeing. It works well especially

in flatulence associated with *ama* (*samavayu*). It is salutary in tumours and diseases of the spleen as well. This preparation is commonly used in flatulent dyspepsia, wherein the flatulence is caused by low *agni* and improper digestion. Dull abdominal pain also gets reduced, when it relieves the flatulence. It is salutary in piles as well.

Dosage

250-500 mg; thrice a day with honey.

Reference

Proprietary

PIPPALYADI CHURNA

30

Ingredients

1 gm. *Pippalyadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Pippali	Piper longum	Long pepper	Fruit	100 mg
Bruhati	Solanum indicum	Indian nightshade	Root	100 mg
Kantakari	Solanum xanthocarpum	—	Root	100 mg
Yavakshara	Potassicarbonas	Carbonate of potash	Alkali	100 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	100 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	100 mg
Sariva	Hemidesmus indicus	Sarsaparilla	Root	100 mg
Patha	Cyclea peltata	Velvet leaf	Root	100 mg
Shathi	Hedychium spicatum	—	Rhizome	100 mg
Lavana panchaka	—	Five salts	—	100 mg

Actions & Indications

Numerous permutations and combinations with *Pippali* are mentioned under the same name. Nearly 25 to 30 different varieties of *Pippalyadi churna* are quoted in Bharata Bhaishajya Ratnakara, indicated for variety of disorders. Itself, it is the indication of the versatility of *Pippali*.

This formulation is an effective remedy for digestive and respiratory ailments. *Agni* is stimulated by ingredients like *Chitraka*, *Pippali* and *Yavakshara*, by their hot and sharp attributes. *Katuka* augments digestive juices. *Patha*, *Bruhati* and *Kantakari* helps alleviating *vata*. As a whole, the formulation stokes *agni*, improves digestion,

eliminates flatulence and abdominal dull pain. Hence, it becomes salutary in colitis, sprue, dyspepsia etc.

It also equally works well in bronchial asthma as *Pippali*, *Shathi*, *Kantakari* and *Bruhati* mitigate *kapha dosha*. It is beneficial in chronic bronchitis too.

Dosage

2-3 gm; thrice a day, with hot water or honey.

Reference

Proprietary

PUSHYANUGA CHURNA

31

Ingredients

1 gm. *Pushyanuga churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Patha	Cissampelos pareira	False pareira brave	Root	40 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	40 mg
Jambu	Eugenia jambolana	Rose apple seed	Seed	40 mg
Amra	Mangifera indica	Mango seed	Seed	40 mg
Pashanabheda	Saxifraga ligulata	—	Root	40 mg
Lajjalu	Mimosa pudica	Sensitive plant	Leaf	40 mg
Draksha	Vitis vinifera	Raisins	Fruit	40 mg
Nilotpala	Nymphaea stellata	Indian blue water lily	Seed	40 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Rhizome	40 mg
Mocharasa	Salmelia malabarica	Gum of silk cotton tree	Resin	40 mg
Dhataki	Woodfordia floribunda	Fire flame bush flower	Leaf	40 mg
Anantamula	Hemidesmus indicus	Indian sarsaparilla	Root	40 mg
Arjuna	Terminalia arjuna	Arjuna	Bark	40 mg
Lodhra	Symplocos recemosa	Lodh tree	Bark	40 mg
Suvarnagairika	Kaolinum	Red ochre	—	40 mg
Katphala	Myrica nagi	Box myrtle	Fruit	40 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	40 mg
Chandana	Santalum album	White sandalwood	Heartwood	40 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	40 mg
Bilvamula	Aegle marmelos	Beal	Rhizome	40 mg
Maricha	Piper nigrum	Black pepper	Fruit	40 mg
Kutaja	Holarrhena antidysenteria	Kurchi	Bark	40 mg
Indrayava	Holarrhena antidysenterica	Kurchi seeds	Seed	40 mg
Ativisha	Aconitum heterophyllum	Atis	Root	40 mg

Actions & Indications

Ancient scriptures of Ayurveda have specified the collection of plant parts at particular season, when they become mature, full grown. The plants

in this formulation are collected during the period of *Pushya* constellation, hence the name. Majority of the plants in this formulation possess cold

potency and thus are helpful to alleviate *pitta dosha* and vitiation of the blood. Astringent like *Jambula* seed, *Arjuna*, *Lodhra*, *Ativisha* and *Kutaja* effectively control the loose motions in diarrhoea and dysentery. Notably, they exert haemostatic action and help controlling bleeding in dysentery and colitis, with great benefit.

Pushyanuga churna, in addition, is a competent panacea for gynaecological problems like menorrhagia, leucorrhoea, dysmenorrhoea and

menstrual irregularities. Ingredients like red ochre, *Lodhra*, *Anantamla*, *Katphala*, *Yashtimadhu* and *Nilotpala* potentiate the attributes of all above mentioned plants and become more helpful.

Dosage

2-3 gm; thrice a day, with rice - washed water.

Reference

Bhaishajya Ratnavali, *Striroga*, P. 1077

SAMASHARKARA CHURNA

32

Ingredients

1 gm. *Samasharkara churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	17.8 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	35.7 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	53.5 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	71.4 mg
Maricha	Piper nigrum	Black pepper	Fruit	89.2 mg
Pippali	Piper longum	Long pepper	Fruit	107.1 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	124.9 mg
Sharkara	Sacchrum officinarum	Sugar	—	500 mg

Actions & Indications

Sanskrit word 'Sama' means equal and 'Sharkara' means sugar. In this formulation, sugar is incorporated, by weight, as the half portion and remaining half comprises all herbs. Amongst the herbs, *Nagakeshara* is the cardinal ingredient, which possesses haemostatic property and augments the *agni* as well. Diseases originating from low *agni* are diarrhoea, dysentery, colitis and piles. Especially, in bleeding piles it is of equal importance to arrest bleeding as well as to stoke the *agni*. Both these functions are achieved with the help of *Nagakeshara*.

The properties of *Nagakeshara* like appetite stimulation and reconciliation of digestion is potentiated by herbs like *Shunthi*, *Maricha*, *Ela*, *Pippali* and *Tvak*. All these ingredients being hot and sharp in attributes, sugar is added, in equal amount, to counter act them.

In the disease like bronchial asthma, Ayurveda insists its aetiopathogenesis in the stomach, wherein aggravated *kapha* causes blockages in the subtle respiratory channels. Because of deranged direction of aggravated *prana vata*, the problem of bronchospasm gets created. It is counteracted by stimulating *agni* and improving the digestion with *Samasharkara churna*. It also works well in distaste, vomiting and tumours.

Dosage

2-3 gm; three times a day, with butter and sugar.

Reference

Yoga Ratnakara, *Arsha Chikitsa*

SAMUDRADI CHURNA 33

Ingredients

1 gm. *Samudradi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Lavana	Sodium chloride	Table salt	—	90.9 mg
Krishnalavana	—	Black salt	—	90.9 mg
Yavakshara	Potasii carbonas	Carbonate of potash	Alkali	90.9 mg
Ajamoda	Carum copticum	Ajowan	Seed	90.9 mg
Saindhava	Sodium chloride impura	Rock salt	—	90.9 mg
Hingu	Ferula foetida	Asafoetida	Resin	90.9 mg
Pippali	Piper longum	Long pepper	Fruit	90.9 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	90.9 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	90.9 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	90.9 mg
Chowhara	Artemisia maritima	Worm seed	Seed	90.9 mg

Actions & Indications

Samudra lavana means table salt or common salt. As this composition contains few other salts, hence the name. Table salt, black salt and rock salt have common property, that they augment the digestive secretions and promote digestion. Rock salt stokes *agni*, alleviate all *doshas* and is beneficial for heart and eyesight. The black salt is deflatulent, carminative, augments appetite and improves the taste sensation. As a whole, this preparation is used mainly in loss of appetite, flatulent dyspepsia and distaste.

Ingredients like *Shunthi*, *Maricha*, *Pippali*, *Chitraka*, *Hingu* add to the properties of salts and stimulate the appetite and trigger the digestive process further. *Yavakshara* plays the similar role and potentiates the formulation.

Samudradi churna reconciles the functions of the digestive system in totality. As it augments *agni*, improves digestion, works well as a carminative and deflatulent, it is one of the best preparation for the patients of anorexia, dyspepsia, flatulence, distaste and dull abdominal pain due to flatulence. As an adjuvant, it works well in asthma, jaundice and cough.

Dosage

2-3 gm; 3 times a day with hot water.

Reference

Yoga Ratnakara, *Ajirna Chikitsa*

SARASWAT CHURNA

34

Ingredients

1 gm. *Saraswat churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kushtha	Saussuria lappa	Costus	Root	50 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	50 mg
Saindhava	Sodium chloride impura	Rock salt	—	50 mg
Ajamoda	Carum copticum	Ajowan	Seed	50 mg
Jiraka	Cuminum cyminum	Cumin seed	Seed	50 mg
Krishnajiraka	Carum bullbocastanum	Black caraway	Seed	50 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	50 mg
Maricha	Piper nigrum	Black pepper	Fruit	50 mg
Pippali	Piper longum	Long pepper	Fruit	50 mg
Patha	Cyclea peltata	Velvet leaf	Root	50 mg
Shankhapushpi	Evolvulus alsinoides	—	Whole plant	50 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	500 mg

Actions & Indications

The mixture of all herbal powders, mentioned in the table, is potentised three times (*bhavana*) with the juice of *Brahmi* (*Bacopa monnieri*). *Saraswat churna* is one of the best preparation, working on the mental faculty. Aggravation of *rajo* and *tamo gunas* of mind is the aetiological factor in epilepsy and hysteria. This preparation achieves the balance of *sattva*, *raja* and *tama* attributes of mind.

Pradnya has a tripple constitution viz. *dhi*, *dhruti* and *smruti*. *Dhi* means intellect, decisive and discriminative ability. *Dhruti* is a perseverant ability to carry a decision through. *Smruti* means memory, continuing awareness. All these three

faculties of mind are strengthened by this preparation. Especially, *Shankhapushpi*, *Kushtha* and *Vacha* help promoting *dhi*, *dhruti* and *smruti*. Potentisation with *Brahmi* adds to these effects. Other ingredients like *Trikatu*, *Jiraka*, *Saindhava* help to increase the bio-availability of the preparation. It also works to alleviate mental stress and achieve the mental health.

Dosage

2-3 gm; thrice a day with honey and ghee.

Reference

Bhavaprakasha Nighantu, *Unmada Chikitsa*

SHATAVARYADI CHURNA

35

Ingredients

1 gm. *Shatavaryadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shatavari	Asparagus racemosus	—	Root	165 mg
Gokshura	Tribulus terrestris	Small caltrops	Root	165 mg
Kapikacchu	Mucuna pruriens	Cowhage	Seed	165 mg
Gangeruki	Grewia populifolia	—	Root	165 mg
Atibala	Abutilon indicum	Country mallow	Root	165 mg
Kokilaksha	Astercantha longifolia	—	Fruit	165 mg

Actions & Indications

Rasayana and Vajikarana is one of the eight separate branch of Ayurveda. The difference in Rasayana and Vajikarana is that the former is related with vitality, whereas the later with virility. *Vajikarana dravyas* (substances) act mainly by three ways viz. by increasing the semen, prompting the discharge of semen and by covering both the aspects.

Shatavaryadi churna is one of the best Vajikarana preparation (aphrodisiac). Ingredients as *Shatavari*, *Atibala* and *Gangeruki* possess sweet taste and potency, and work well as a general tonic. They help nourishing all the seven *dhatu*s in the body. *Kapikacchu*, *Kokilaksha* and *Gokshura* are well known herbs for their aphrodisiac properties. They increase the semen as well as prompt the discharge of semen. The milk is one of the best natural product,

used in routine life, which augments the semen. Hence, the preparation *Shatavaryadi churna* is recommended to be taken with milk.

Vajikarana dravyas are divided into three groups. First, which act by promoting physical strength including semen; second by enhancing the mental power and the third by acting in both ways. Hence, they can be of great use in the management of depressive illness and other mental disorders where mood elevators are indicated. This preparation can also be of great use in such conditions.

Dosage

2-3 gm; with milk at night.

Reference

Sharngadhar Samhita, A-7

SITOPALADI CHURNA

36

Ingredients

1 gm. *Sitopaladi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sharkara	Saccharum officinarum	Rock candy	—	512 mg
Pippali	Piper lognum	Long pepper	Fruit	128 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	32 mg
Vamshalochana	Bambusa arundinacia	Bamboo manna	Gum	256 mg
Ela	Amomum subulatum	Greater cardamom	Fruit	64 mg

Actions & Indications

Sanskrit word '*Sita*' means rock candy; which is the main ingredient in this preparation, hence the name. Next to rock candy, *Vamshalochana* is the important one, which is the resinous secretion collected from bamboo trees. It is one of the best mucolytic and expectorant in properties and also reduces fever effectively. It alleviates *vata* and *pitta doshas*. In addition, it possesses haemostatic property, which helps *Vamshalochana* to become extremely helpful to alleviate fever, to relieve the phlegm and to arrest bleeding in haemoptysis.

The ingredients like *Ela* and *Tvak* also help in the expectoration of the phlegm. Moreover, *Tvak* works well as anti-tubercular because of cinnamic acid it contains. Also, both of these are useful as deodorants, hence, mitigate the foul odour of the

oral cavity. *Pippali* is well known as one of the best *rasayana* for the respiratory system. The rock candy being sweet in its taste and cold in potency, alleviate *pitta dosha* and strengthen the body.

In addition, *Sitopaladi churna* is one of the most useful preparation in the diseases like bronchial asthma, chronic bronchitis, burning sensation of the body, hands and feet; pleurisy, distaste, anorexia and numbness of tongue.

Dosage

1-2 gm; thrice a day, with honey and ghee.

Reference

Sharngadhar Samhita, A-6

SRAMSANA CHURNA

37

Ingredients

1 gm. *Sramsana churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	83.3 mg
Yavani	Carum copticum	Ajowan	Seed	83.3 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	83.3 mg
Krishnalavana	—	Black salt	—	83.3 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	83.3 mg
Markandika	Cassia angustifolia	Indian senna	Leaf	499.9 mg
Mishreya	Foeniculum vulgare	Fennel seeds	Seed	83.3 mg

Actions & Indications

Sramsana churna is one of the common most preparation, used as a mild laxative. The chief ingredients exerting the laxative action are *Haritaki* and *Markandika*. This laxative activity is supported by other herbs like *Mishreya* and *Vidanga*. *Shunthi* works well to alleviate *vata* and hence, griping during laxation.

Markandika, the prime ingredient of the formulation is traditionally used as a purgative. The leaves or pods are used for this purpose. Leaves contain sennosides A,B, C and D2. *Haritaki* increases the frequency of stools and has got the property of evacuating the bowel completely. Both, *Haritaki* and *Markandika* cause griping pain during evacuation, because of aggravation of

vata. *Shunthi* and *Yavani* are useful in flatulence and help to relieve the griping.

Shunthi, *Yavani*, *Mishreya*, *Vidanga* are also of great help to stoke *agni* and improve digestion. *Krishnalavana* i.e. black salt augments the digestive secretions, stimulate *agni* and reconciles digestive functions. *Vidanga* is a well known anthelmintic herb, which not only curbs the intestinal worm infestations, but prevents its recurrence.

Dosage

1-2 gm; twice a day, with warm water.

Reference

Proprietary

SUKHASARAKA CHURNA

38

Ingredients

1 gm. *Sukhasraka churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Markandika	Cassia angustifolia	Indian senna	Leaf	375 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	125 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	100 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	100 mg
Ajmoda	Carum copticum	Ajowan	Seed	100 mg
Krishnalavana	—	Black salt	—	100 mg
Amalaki	Embelia officinalis	Emblie myrobalan	Fruit	50 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	50 mg

Actions & Indications

Sukhasaraka churna is a very widely used laxative preparation. *Markandika* is the chief ingredient, which possesses a mild laxative property. But it many a times causes colicky pains during the evacuation of bowels. To curb that colic *Shunthi*, *Ajamoda* and *Krishnalavana* like ingredients are aptly incorporated in this formulation. It facilitates the bowel evacuation with ease.

Constipation is a very common problem in large number of individuals in any society. It is called as *malavashtambha* in Ayurveda. Improper diet, ingestion of more amount of fermented food articles frequently, day time sleep, over exercise or total lack of exercise, mental stress, over indulgence of sex, withholding of the natural urges like micturition, defaecation etc. and low *agni* are

the common causes of constipation. Ayurveda recommends the use of mild laxatives to relieve the constipation and strictly opposes the use of heavy purgatives.

Ingredients like *Vidanga*, *Haritaki* and *Amalaki* augment the efficacy of *Markandika*. *Krishnalavana* stokes *agni*, improves digestive juices. *Yashtimadhu* alleviates *vata* and *pitta doshas*. This formulation is often used for chronic constipation, anal fissure and piles.

Dosage

2-3 gm; at night, with warm water.

Reference

Proprietary

SWADISHTA VIRECHANA CHURNA

39

Ingredients

1 gm. *Swadishta virechana churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Markandika	Cassia angustifolia	Indian senna	Leaf	296 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	296 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	37 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	74 mg
Sharkara	Saccharum officinarum	Sugar	—	296 mg
Mishreya taila	Foeniculum vulgare	Fennel seed oil	Seed	.005 ml

Actions & Indications

This is one more composition useful in chronic constipation. The Sanskrit word 'Virechana' means (purgative) evacuation of bowels with stool softening, with nearly liquid consistency to faecal matter. The word 'Bhedana' indicates complete disintegration of faecal matter into small pieces and liquid in consistency. 'Anulomana' indicates to propagate the faecal matter towards anal canal and to soften the faecal matter (laxative). 'Sransana' denotes propagation and expulsion of faecal matter, detaching as it is. Common examples of *virechana* are *Danti*, *Jayapala*, *Eranda*, *Kampillaka*, *Arkakshira*, *Snuhi* and cow's urine. *Bhedana* herbs are like *Jayapala*, *Danti*, *Eranda*, *Arka* etc. *Anulomana* plants are *Draksha*, *Triplala*, *Markandika*, *Isabgola* and *Sramsana* herbs are like *Aragvadha*, *Markandika* etc.

Sharkara curbs *pitta*. *Markandika* is the chief ingredient as a purgative one and all other

ingredients help it in different ways to facilitate the evacuation of bowels smoothly. *Shunthi* and *Gandhaka* stoke *agni*, *Mishreya* and *Yashtimadhu* are demulcent.

Swadishta virechana churna is beneficial to individuals who have tendency to get constipated. Many times the constipation is associated with piles. The hardness of the stools creates pain during defaecation and sometimes bleeding, in piles. In conditions like anal fissure, pregnancy, heart diseases, obesity etc. facilitation of smooth evacuation of bowels is expected. This formulation works well in such conditions.

Dosage

2-3 gm; at night, with warm water.

Reference

Proprietary

TALISADI CHURNA

40

Ingredients

1 gm. *Talisadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Talispatra	Abies webbiana	Himalayan silver fur	Leaf	22 mg
Maricha	Piper nigrum	Black pepper	Fruit	46 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	69 mg
Pippali	Piper longum	Long pepper	Fruit	92 mg
Vanshalochana	Bambusa arundinacia	Bamboo manna	Resin	108 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	11.5 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	11.5 mg
Khanda sharkara	Sacchrum officinarum	Rock candy	—	640 mg

Actions & Indications

As mentioned earlier, three preparations commonly used for cough are *Talisadi churna*, *Sitopaladi churna* and *Karpuradi churna* for *vataja*, *pittaja* and *kaphaja* type of cough, respectively.

The chief ingredient *Talispatra* possesses pungent, bitter and sweet tastes, pungent post digestive effect and hot potency. It alleviates *kapha* and *vata doshas*. It facilitates *vata* in its proper direction, mitigates *kapha* and has stimulant and astringent properties. It is benevolent in cough, asthma, distaste, diarrhoea, dyspepsia, colitis and anaemia. Another important ingredient *Vanshalochana* alleviates cough and works well as a general tonic also. It helps in asthma, tuber-

culosis and tones up the heart, hence, used in dyspnoea of cardiac origin.

Talisadi churna relieves the blocked mucous from the throat, decreases the dryness of throat and controls the bouts of cough. It is an effective remedy for tubercular cough, post influenzal bronchitis, bronchial asthma and dry cough. The preparation is also salutary in fever, colitis, diarrhoea, anaemia, oedema and diseases of the spleen.

Dosage

250 to 500 mg; thrice a day, with honey.

Reference

Shamgadhar Samhita, A-6

TRIPHALA CHURNA

41

Ingredients

1 gm. *Triphala churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	333.3 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	333.3 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	333.3 mg

Actions & Indications

Triphala is held in high esteem by all scriptures of Ayurveda for its rejuvenating (*rasayana*) properties. As it consists of all the three rejuvenating herbs, it is one of the best *rasayana* formulation. The author is tempted to describe it in words like divine or miracle *rasayana*. *Triphala* prevents aging, imparts longevity, stimulates immunity, benevolent for all seven *dhatus* and also improves the mental faculties. It is the most commonly used, easily available and the most economical preparation.

The powder of mature fruits of *Haritaki*, *Bibhitaka* and *Amalaki*, together in equal quantity, is its basic structure. It is the common most preparation, used as a laxative. It alleviates the constipation by smooth evacuation of bowels. *Triphala* eye drops daily instilled into eyes work well to improve the eyesight in myopia. It requires six months to one year for the benefits. *Shatavari churna* is recommended orally, as an adjunct, to improve the eyesight (5-10gms, daily, with milk).

External application of *Triphala* decoction on the

wounds helps the promotion of wound healing. Even the chronic foul and non-healing wounds respond well. *Triphala churna* is recommended to cleanse the teeth and massage the gums in pyorrhoea or bleeding gums. It exerts a potent astringent activity and strengthens the gums. Dry powder massage (*udgharshana*) with *Triphala* powder is highly rewarding to reduce excessive subcutaneous body fats in obesity. The hair-wash with *Triphala* decoction soothes the hair and adds to their lustre and prevents premature greying.

Dosage

500 mg to 1 gm; daily, at night, with honey (as *rasayana*).

1-3 gm; at bed time, with warm water (as laxative).

Reference

Bhavaprakasha Nighantu

VADAWANAL CHURNA

42

Ingredients

1 gm. *Vadawanal churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Saindhava	Sodium chloride	Rock salt	—	35 mg
Pippali	Piper longum	Long pepper	Fruit	105 mg
Pippalimula	Piper longum, radix	Long pepper root	Root	70 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	40 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	40 mg
Tvak	Cinnamomum zeylanica	Cinnamon	Bark	40 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	40 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	175 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	210 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	245 mg

Actions & Indications

Sanskrit word '*Vadawanal*' denotes the fire. The preparation, which stimulates the fire (*agni*) enormously and digests the food whatever consumed, hence the name. This is one of the best formulation for stoking *agni*.

Ingredients like *Chitraka*, *Pippali*, *Pippalimula* and *Shunthi* being hot and sharp in attributes, enhance the *agni* and increase appetite. *Ela*, *Tamalpatra*, *Tvak* and *Nagakeshara* add to these properties and the formulation becomes more potent. The spices used in cuisine perform the function of improving the taste as well as they stoke *agni*. *Saindhava*, the rock salt augments the secretions of gastric juices, stimulates appetite and alleviates all the three *doshas*.

The low appetite (*agnimandya*) is the cardinal

cause of all diseases, says *Charaka*. It causes indigestion, *ama* production, *srotorodha* and leads to pathogenesis of various diseases. *Vadawanal churna* stokes the *agni* enormously and increases the appetite. It also improves the taste sensation, helps digestion and relieves flatulence, abdominal pain etc. Hence, it is useful in diseases like anorexia, piles, colitis, diarrhoea, hyperacidity etc.

Caution : Do not take on empty stomach.

Dosage

2-3 gm; twice a day, after food with water.

Reference

Sharngadhar Samhita, A-6

VAISHWANAR CHURNA

43

Ingredients

1 gm. *Vaishwanar churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Saindhava	Sodium choride	Rock salt	—	70 mg
Ajamoda	Carum copticum	Ajowan	Seed	170 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	170 mg
Pippali	Piper longum	Long pepper	Fruit	170 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	420 mg

Actions & Indications

'*Vaishwanar*' in Sanskrit denotes fire, meaning digestive fire-the *agni*. Like *Vadawanal churna*, this is another formulation beneficial to stoke *agni*. In comparison, it is less strong formulation than *Vadawanal churna*, as it does not contain hot and sharp ingredient like *Chitraka*.

Ajamoda like ingredients is one of the best one, to facilitate the passage of *vata* from the intestines. It is a potent deflatulent herb and hence helps to relieve the abdominal distention and pain.

Vaishwanar churna is beneficial in loss of appetite, flatulent dyspepsia, constipation and dull abdominal pain due to tympani. Moreover, it is used

with great benefit in rheumatic diseases, heart diseases, diseases of urinary bladder, piles, splenic disorders, constipation, *vata* diseases and diseases of hands and feet. It is one of the best remedy to facilitate *vata* from intestines. In all these diseases, the media of vehicle (*anupana*) for *Vaishwanar churna* is recommended to be buttermilk or ghee or warm water.

Dosage

2-3 gm; twice a day, after food with warm water.

Reference

Bhaishajya Ratnavali

VIDANGADI CHURNA

44

Ingredients

1 gm. *Vidangadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vidanga	Embelia ribes	Bidanga	Fruit	375 mg
Ajamoda	Carum copticum	Ajowan	Seed	125 mg
Nimba	Azadirachta indica	Neem	Leaf	125 mg
Palasha	Butea frondosa	Bastard teak	Seed	125 mg
Kitmari	Aristolochia bracteata	Worthwort	Seed	125 mg
Hingu	Ferula narthex	Asafoetida	Raisin	125 mg

Actions & Indications

Vidangadi churna is one of the common most remedy for the treatment of intestinal worm infestations and as a preventive medicine for the recurrence of the same. Vidanga, the chief ingredient of this formulation, is one of the best herb used in worm infestations, especially in children, as a household remedy in India. It works well in thread worms as well as round worms. Another ingredients like *Palash* seeds and *Kitmari* seeds are effective in thread worms as well as hook worms. *Nimba* leaves work well in blood born infections. *Ajamoda* and *Hingu* are well known for their deflatulent and appetising properties. *Palash* seeds also possess the purgative activity, hence are beneficial to expel the worms from the gut.

Ayurvedic texts mention the aetiopathogenesis of

intestinal worms (*krumi*) to be a faulty diet viz. consumption of food predominantly of sweet, sour and salty tastes, excessive food intake inspite of indigestion. The day times sleep and lack of exercise are contributing factors. This all leads to loss of appetite, vitiation of all *doshas*, and formation of *ama* which help getting intestinal worm infestations. *Vidangadi churna* is a comprehensive formulation helping stoking the *agni*, curbing the intestinal worms by its vermifugal as well as vermifugal actions.

Dosage

2-3 gm; thrice a day, with warm water.

Reference

Proprietary

VYOSHADI CHURNA

45

Ingredients

1 gm. *Vyoshadi churna* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	71.4 mg
Maricha	Piper nigrum	Black pepper	Fruit	71.4 mg
Pippali	Piper longum	Long pepper	Fruit	71.4 mg
Ajamoda	Carum copticum	Ajowan	Seed	71.4 mg
Vidanga	Embelia ribes	Bidanga	Fruit	71.4 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	71.4 mg
Hingu	Ferula narthex	Asafoetida	Raisin	71.4 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	71.4 mg
Saindhava	Sodium Chloride	Rock salt	—	71.4 mg
Jiraka	Cuminum cyminum	Cumin seed	Seed	71.4 mg
Krishnajiraka	Carum bulbocastanum	Black caraway	Seed	71.4 mg
Dhanyaka	Coriandrum sativum	Coriander	Fruit	71.4 mg
Ativisha	Aconitum heterophyllum	Atis	Root	71.4 mg
Lavanga	Syzygium aromaticum	Clove	Flower	71.4 mg

Actions & Indications

Vyoshadi churna is one of the best remedy for colitis (*sangrahani*). Aetiopathogenesis of colitis according to Ayurveda, is indulgence of food inspite of loss of appetite. After few days, it leads to indigestion, excessive acidity and derangement in the functions of colon. It causes alternately, evacuation of faeces in bound and loose forms.

Ingredients like *Shunthi*, *Maricha*, *Pippali*, *Chitraka*, *Vidanga* and *Lavanga* help stoking the *agni*. Hence, the formulation treats the root cause of colitis. In addition, *Jiraka*, *Vidanga*, *Hingu*

etc. are beneficial to facilitate the *vata* and alleviates the flatulence. *Saindhava* augments the *agni* as well as secretions of the digestive juices and thus improves the digestion.

Dosage

2-3 gm; twice a day, after food with honey and ghee.

Reference

Yoga Ratnakara

ASAVA – MEDICATED WINE

The product prepared by fermenting uncooked drugs in water is known as *asava*, whereas that prepared by fermenting decoction of drugs is known as *arishta*. These contain a certain percentage of alcohol and as such are intoxicating. Ayurveda uses a variety of herbal wines. They have a long shelf life.

The ingredients in the form of powders are mixed with water and jaggery, sugar or honey like sweet substances are added and the mixture is kept in a wooden barrel, sealed at the top. It is allowed to ferment for a period of days or months. The resultant wine (*asava*) is easier to assimilate and promotes *agni*. The flowers of *Dhataki* (*Woodfordia fruticosa*) are added to promote the alcoholic fermentation, as they are the rich source of yeast.

Commonly, the herbs possessing cold potency, which alleviate *pitta dosha* are used to prepare *asavas*. As both *asavas* and *arishtas* contain alcohol (7-12%) they become sharp in attribute and hence are advocated with equal quantity of water and preferably, after meals. The average dose of *asava* is 10-20 ml. 3 times a day.

The usual proportion of ingredients in *asava* preparations is medicinal herbs 40, honey 200, jaggery 400 and water 1024 *tolas*. Many of them are stomachics, tonics, stimulants, astringents, alteratives and febrifuges etc.

ASAVA
MEDICATED WINE

ARAVINDASAVA

1

Ingredients

10 ml. *Aravindasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Arvinda	Nelumbium speciosum	Lotus	Rhizome	20 mg
Ushira	Vetivaria zizanooides	Veliver	Root	20 mg
Gambhari	Gmelina arborea	Cashmere tree	Root	20 mg
Nilkamal	Nymphaea stellata	Lotus	Rhizome	20 mg
Manjishtha	Rubia cordifolia	Madder	Root	20 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	20 mg
Balamula	Sida cordifolia	Country mallow	Root	20 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	20 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	20 mg
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	20 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	20 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	20 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	20 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	20 mg
Karchura	Curcuma zedoria	Zedoary	Rhizome	20 mg
Trivrut	Operculina turpethum	Indian jalap	Root	20 mg
Kamal	Nymphaea aba	Lotus	Rhizome	20 mg
Patola	Trichosanthes dioica	Pointed gourd	Root	20 mg
Parpata	Fumaria indica	Common Fumitory	Root	20 mg
Arjuna	Terminalia arjuna	Arjuna	Bark	20 mg
Dhataki	Woodfordia fruticosa	Fire flame bush	Leaf	20 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	20 mg
Murva	Clematis gouriana	—	Root	20 mg
Draksha	Vitis vinifera	Black raisins	Fruit	400 mg

Actions & Indications

Sanskrit word 'Aravinda' denotes lotus. As the formulation consists of three varieties of lotus viz. red, white and blue as the chief ingredient, it is

named as *Aravindasava*. The three varieties of lotus rhizomes along with other ingredients in the form of powder are mixed with water and raisins,

sugar and *Dhataki* flowers (*Woodfordia fruticosa*) are added to it. Then this is stored to get fermented, which forms *Aravindasava*.

It is one of the outstanding formulation for *raktapitta shamaka* (alleviating bleeding diathesis) because it consists of all refrigerant (cold potency) ingredients. It alleviates the *pitta dosha*, especially its hot and sharp attributes. It is extremely beneficial in the diseases like all types of fevers, diabetes, tuberculosis, urinary disorders. It mitigates burning of eyes, hands and feet, alleviates an excessive thirst and pacifies *pitta* by

its mild laxative action as it contains *Triphala*, and *Trivrut*. Because of astringent taste and cold potency, much of the ingredients also work well as haemostatic and alleviate the bleeding disorders. It is salutary in children to stoke *agni* and as a general tonic.

Dosage

2-4 tsf; twice a day with water, after food.

Reference

Bhaishajya Ratnavali, *Balaroga*

BHALLATAKASAVA

2

Ingredients

10 ml. *Bhallatakasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bhallataka	Semicarpus anacardium	Marking nut	Fruit	800 mg
Amalaki	Embllica officinalis	Emblic myrobalan	Fruit	400 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	400 mg
Madhu	Mel depuratum	Honey	—	200 mg
Dugdha	Lactus	Milk	—	1.6 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	400 mg
Lohabhasma	Ferrum	Calx of purified iron	—	.001 mg

Actions & Indications

Bhallataka, *Amalaki*, *Haritaki* and *Guduchi* powders are mixed with water and sugar; honey, *Lohabhasma* are added to it and then stored for alcoholic fermentation. *Bhallataka*, the chief ingredient, is highly praised as a pain-killer and is widely used in treating *vata* diseases like osteoarthritis, rheumatoid arthritis, sciatica, brachial neuralgia etc. It also works well in nonbleeding piles, colitis, diarrhoea and dysentery. The *asava* preparation of any herb is more potent than its decoction as it becomes more refined and subtle.

Bhallataka also alleviates *kapha dosha*, hence is benevolent in chronic rhinitis, sinusitis and colds. Allergic manifestations like tropical eosinophilia, bronchial asthma respond very well to *Bhallatakasava*. It is also important to keep in mind that few persons get allergic manifestations with *Bhallataka*. It should be withdrawn immediately in these individuals.

The word '*Bhallataka*' in Sanskrit, describes the

sharp attribute of the herb, in comparison to that of a javelin. It should be used with caution in children, very old persons, pregnant women and individuals of *pitta* constitution. The use of this preparation should be restricted in summer season. For its allergic reactions like skin rash, itching and swelling, the antidotes used externally are coconut oil, *rala* ointment, ghee, coriander leaves pulp or butter mixed with *Mustaka* (*Cyperus rotundus*) rhizome powder. The cooling and bland diet should be adopted viz. rice, milk, butter, ghee etc. during the consumption of *Bhallatakasava*.

Caution : *Pitta* constitution individuals should use sparingly.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Proprietary

CHANDANASAVA**3****Ingredients**10 ml. *Chandanasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chandana	Santalum album	Sandalwood	Heartwood	20 mg
Ushira	Vetiveria zizanioides	Cuscut grass	Root	20 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	20 mg
Gambhari	Gmelina arborea	Cashmere tree	Root	20 mg
Nilotpal	Nymphaea stellata	Indian blue water lily	Rhizome	20 mg
Priyangu	Callicarpa macrophylla	—	Fruit	20 mg
Padmaka	Prunus padum	Brid cherry	Rhizome	20 mg
Lodhra	Symplocos recemosa	Lodh tree	Bark	20 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	20 mg
Raktachandana	Pterocarpus santalinus	Red sandals	Heartwood	20 mg
Patha	Cissampelos pareira	False pareira brava	Root	20 mg
Bhunimba	Swertia chirata	Chiretta	Root	20 mg
Vata	Ficus bengalensis	Banyan tree	Root	20 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Karchura	Curcuma zedoria	Zedoary	Rhizome	20 mg
Parpata	Fumaria indica	Common fumitory	Root	20 mg
Yashtimadhu	Glycyrrhiza glabra	liquorice	Root	20 mg
Rasna	Pluchea lanceolata	—	Root	20 mg
Patola	Trichosanthes dioica	Pointed gourd	Root	20 mg
Kanchanara	Bauhinia variegata	—	Bark	20 mg
Amra	Mangifera indica	Mango tree bark	Bark	20 mg
Mocharasa	Bombax malabaricum	Gum of silk cotton tree	Resin	20 mg
Draksha	Vitis vinifera	Black raisins	Raisin	400 mg

Actions & Indications

Chandanasava is another supreme drug used for treating *raktapitta* i.e. bleeding diathesis, like *Aravindasava*. *Raktapitta* is a bleeding disorder, wherein bleeding occurs through nose, mouth,

ears, eyes or anal canal, urinary tract, vagina etc. The word *raktapitta* itself indicates that there is vitiation of *rakta* i.e. blood as well as *pitta dosha*. Excessive indulgence of hot, spicy, liquid, sour or

salty foods along with exposure to sun or heat are the aetiological factors. The summer season adds to all these. *Pitta* aggravated by sharp and hot attributes cause *srotorodha* i.e. blockage in subtle channels and vitiates blood, leading to bleeding tendency from the various systems.

Chandana, the cardinal ingredient, pacifies hot and sharp attributes of *pitta dosha*. All other ingredients like *Nilotpal*, *Padmaka*, *Ushira*, *Mustaka* help *Chandana* and fortifies the composition. The ingredients like *Vata*, *Amra*, *Lodhra*,

Mocharasa exert a haemostatic action and help arresting the bleeding. Hence, *Chandanasava* is an effective remedy for haematuria, haemoptysis, haematemesis, uterine bleeding, bleeding piles, excessive thirst in fever etc.

Dosage

2-4 tsf; 4-5 times a day, with water.

Reference

Bhaishajya Ratnavali, *Shukrameha vikara*

CHAVIKASAVA

4

Ingredients10 ml. *Chavikasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chavya	Piper chaba	Java long pepper	Fruit	1 gm
Chitraka	Plumbago zeylanica	Leadwort	Root	500 gm
Krishnajiraka	Carum caraway	Black caraway	Seed	200 mg
Pushkaramula	Saussurea lappa	—	Root	200 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	200 mg
Patola	Trichosanthes dioica	Wild snake-gourd	Root	200 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	200 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	200 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	200 mg
Kutaja	Holarrhoena antidysenterica	Kurchi bark	Bark	200 mg
Vishala	Citrus colocynthis	Colocynthis	Root	200 mg
Rasna	Pluchea lanceolata	—	Root	200 mg
Danti	Baliospermum montanum	—	Root	200 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	200 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	200 mg
Devadaru	Cedrus deodara	Cedarwood	Stem	200 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	200 mg
Maricha	Piper nigrum	Black pepper	Fruit	200 mg
Vacha	Acorus clalamus	Sweet flag	Rhizome	200 mg
Karchura	Curcuma zedoria	Zedoary	Rhizome	200 mg
Ajmoda	Carum copticum	Ajowan	Seed	200 mg
Dhanyaka	Coriandrum sativum	Coriander seeds	Fruit	200 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	200 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	40 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	40 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	40 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	40 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	20 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Kankola	Piper cubeda	Cubeb,	Fruit	20 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	200 mg

Actions & Indications

Chavikasava is a matchless formulation useful in treating tumours. *Chavya* is pungent, bitter in taste, pungent in post digestive effect and has hot potency. Other ingredients like *Chitraka*, *Shunthi*, *Maricha*, *Pippali*, *Vacha*, *Vidanga* etc. possess the hot potency. In disease like *gulma* (tumours), vitiated *vata* blocks the subtle channels in *koshtha* and the derangement of its direction cause accumulation of growth at particular site and causes the formation of a tumour. Majority

of the ingredients being hot in potency, curb *vata* and the root cause is banished.

Chavikasava is also beneficial in anorexia, dyspepsia, diabetes, gout, tuberculosis, flatulence etc.

Dosage

2-4 tsf; twice a day, after food, with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 2, F. 1813

DRAKSHASAVA

5

Ingredients

10 ml. *Drakshasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Draksha	Vitis vinifera	Black raisins	Raisins	2 gm
Kankola	Piper cubeba	Cubeb, tailed pepper	Fruit	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	10 mg
Chavya	Piper chaba	Java long pepper	Fruit	10 mg
Pippalimula	Piper longum	Root of long pepper	Root	10 mg
Bruhatela	Ammoumum subulatum	Greater cardamom	Fruit	10 mg
Lavanga	Caryophyllus aromaticus	Clove	Oil	.001ml
Jatiphala	Myristica frangrans	Nutmeg	Oil	.001ml
Tvak	Cinnamomum zeylanicum	Cinnamon	Oil	.001ml

Actions & Indications

Drakshasava is a self generated alcoholic preparation. First, the decoction of grapes or raisins is prepared and the ingredients mentioned above are added to it. Then the sugar and flowers of *Dhataki* (*Woodfordia fruticosa*) are added. These flowers are rich in the yeast contents, hence, promote the fermentation.

Draksha i.e. grapes, are sweet in taste and post digestive effect and possess cold potency. Ayurvedic texts have held it in high esteem as one of the best amongst fruits (*phalottama*) and as an ambrosia (*amrutaphala*). Charaka has quoted various properties of *Draksha* viz. relieves fatigue, beneficial for the throat, antipyretic, antitussive and bulk promoting etc. It alleviates *vata* and *pitta* doshas.

Drakshasava is extremely beneficial in the patients of tuberculosis. It helps relieving mild

grade fever, stimulates appetite, relieves the constipation and burning sensation of the body and adds to the body weight. Especially, it stokes the *dhatvagni* along with *jatharagni*. Other ingredinets like *Kankola*, *Lavanga*, *Pippali*, *Chitraka*, *Chavya*, *Maricha* and *Pippalimula* stimulate the appetite. Moreover, *Maricha*, *Kankola* and *Pippali* are benevolent for the respiratory system. The oils of *Tvak*, *Lavanga* and *Jatiphala* work wells as mucolytic agents and help relieving the phlegm. Hence, it is useful in chronic bronchitis and bronchial asthma also. *Draksha-sava* is widely used as a general tonic, as it stimulates *jatharagni* as well as *dhatvagni*.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Proprietary

Ingredients

10 ml. *Jambvasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Jambu	Eugenia jambolana	Black plum	Fruit	10 ml
Vangabhasma	Stannum	Clax of purified tin	—	10 mg

Actions & Indications

The juice of *Jambu* fruits is mixed with *Vanga bhasma*, *Dhataki* flowers, jaggery and honey and stored till the fermentation process takes place.

Jambu is sweet, sour and astringent in tastes. The astringent taste is predominant. It possesses light and dry attributes. Hence, it relieves the burning sensation, reduces the urinary output and the blood sugar level, and also is beneficial in the skin diseases.

Jambvasava is one of the best adjuvant remedy for diabetes mellitus. It effectively reduces the burning sensation of hands and feet, brings down the blood sugar level and curbs the polyuria in diabetes.

Vangabhasma, the another ingredient, is well-known for its *oja* augmenting property. *Ojas* is the quintessence of all *dhatu*s. The proper formation of all *dhatu*s finally lead to form *ojas*. During the

metabolic processes of nourishment of *dhatu*s, when the wastes are formed in excess, they are termed as '*kleda*'. The formation of *kleda* in excess leads to improper nourishment of *dhatu*s which leads in improper *ojas* formation. Hence, it leads into lassitude, loss of weight which is commonly found in diabetes mellitus. The recurrent skin afflictions in diabetic patients are also taken care of by *Jambvasava*.

Jambu being predominantly astringent, helps to curb diarrhoea, dysentery etc. and also works well as a haemostatic one. It also helps in menorrhagia.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Proprietary

KANAKASAVA

7

Ingredients

10 ml. *Kanakasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	100 mg
Bharnagi	Clerodendron serratum	Beetle killer root	Root	100 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	100 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Draksha	Vitis vinifera	Black raisins	Fruit	400 mg
Vasa	Adhatoda vasica	Malbar nut	Root	100 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	100 mg
Madhu	Mel depuratum	Honey	—	1 gm
Pippali	Piper longum	Long pepper	Fruit	10 mg
Talisa	Taxus buccata	Himalayan silver fir	Leaf	10 mg
Dhattura	Datura stramonium	Thorn apple	Leaf	200 mg

Actions & Indications

Sanskrit word '*Kanaka*' indicates the plant *Dhattura*. *Kanakasava* is a divine formulation for bronchial asthma. *Dhattura* is a well-known broncho-dilator and it dries up the mucous secretions in the respiratory tract. The preparation is used to relieve the bronchospasm in asthma.

Other ingredients viz. *Vasa*, *Yashtimadhu*, *Pippali*, *Kantakari* and *Talispatra* alleviate the phlegm and hence the obstruction in the respiratory passage. It is also used with great benefit in chronic bronchitis, whooping cough and tuberculosis. *Kanakasava* relieves the bronchospasm and also reduces the intensity as well as frequency of bronchospasms. It can be of great help in asthma as a curative and preventive medicine as well.

Dhattura possesses a smooth muscle relaxant activity and hence, is benevolent in abdominal colicky pains. It imparts an excellent anti-

spasmodic action and relieves the abdominal colics. *Shunthi*, *Pippali*, *Nagakeshara* alleviate *kapha dosha* and stoke the *agni*. Ingredients like *Bharangi* and *Kantakari* also exert a potent broncho-dilator action and augment the activity of *Dhattura*. *Nagakeshara* and *Vasa* being haemostatic herbs, arrest the bleeding. Hence, *Kanakasava* is of great help in haemoptysis, in tuberculosis, bleeding disorders and tubercular cavitation. It works well in debility also.

Caution: Avoid excessive dosage, as *Dhattura* is narcotic and intoxicant.

Dosage

2-4 tsf; thrice a day, with water.

Reference

Proprietary

KUMARIASAVA**8**

There are two varieties of *Kumariasava*, known as *Kumariasava* no. 1 and *Kumariasava* no.3

Ingredients

10 ml. *Kumariasava* no.1 contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebylic myrobalan	Fruit	400 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	20 mg
Chavya	Piper chaba	Java long pepper	Fruit	20 mg
Chitraka	Plumbago zelaynica	Leadwort	Root	20 mg
Karkatshringi	Pistacia integerima	Chinese galls	Galls	20 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	20 mg
Pushkaramula	Inula racemosa	—	Root	20 mg
Kumari (Ghanasara)	Aloe vera	Solidified water extract of aloe	—	
Kankola	Piper cubeba	Cubeb	Fruit	20 mg
Lavanga taila	Myristica fragrans	Clove oil	Oil	.0001 ml
Jatiphal taila	Myristica fragrans	Nutmeg oil	Oil	.0001 ml
Lohabhasma	Ferrum	Calx of iron	—	2 mg

Ingredients

10 ml. *Kumariasava* no.3 contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Kumari ghanasara	Aloe vera	Solidified water extract of Indian aloe	—	20 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	100 mg
Karanja	Pongamia glabra	Indian beech	Seed	100 mg
Vacha	Acorus calamus	Sweet flag	Rhizonme	100 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	100 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	200 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Tejpatra	Cinnamomum tamala	Cassia leaf	Leaf	20 mg

Contd...

Sanskrit	Latin	English	Part Used	Quantity
Akarkarabha	Anacyclus pyrethrum	Pellitory	Root	20 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	20 mg
Saindhava	Sodium chloride impura	Rock salt	—	20 mg
Bruhatela	Ammomum subulatum	Greater cardamom	Fruit	20 mg
Tvak taila	Cinnamomum Zeylanicum	Cinnamon oil	Oil	.001 ml
Lavanga taila	Caryophyllus aromaticus	Clove oil	Oil	.001 ml

Actions & Indications

In both the varieties (no.1 and no.3), *Kumari* plays the prime role. *Kumari* in Sanskrit, means aloe. It is bitter and sweet in taste, sweet in the post digestive effect and cold in potency. It alleviates all the three *doshas*. It is one of the best versatile plant having multiple virtues viz. in small doses, it is an effective appetiser, digestant, liver stimulant and in large doses, it works as an anthelmintic and purgative. It is very useful as a blood purifier, hence valuable in skin diseases and viral hepatitis. It is extremely bitter in taste and thus works well as a cholegogue.

In the *Kumariasava* no.1, *Loha bhasma* or sometimes *Tamra bhasma* is added, which augments the cholegogue action of *Kumari*. The ingredients like *Chavya* and *Chitraka* being hot and sharp in attributes, add to the properties. Aromatic ingredients viz. *Kankola*, *Jayapatri*, *Jatiphala*, *Jatamansi* and *Lavanga* help to facilitate *vata* and regularise the intestinal peristalsis. The bile secretions are facilitated into intestinal tract with these ingredients. *Kumariasava* no. 1 is one of the highly praised formulation in treating viral hepatitis. It also works well in liver cirrhosis and ascites. Due to sluggish liver functions, many

symptoms like loss of appetite, nausea, flatulence, dyspepsia are seen. This formulation works extremely well in such condition.

Kumariasava no.3 does not contain any metal, hence, can be safely used in children. Repeated worm infestations respond well to this preparation as *Kumari* is well-known for its activity to mitigate the *kapha dosha* and phlegm. Hence, it is commonly used in children to alleviate the cough. As it dries off the mucous secretions, it is also used in pleurisy with great benefit. It also helps in ascites, liver cirrhosis, anorexia, hepatitis. *Kumari* is one of the well-known hepatotropic plant and hence, is most commonly used in children to improve the appetite and digestion. In this way, it is one of the most popular tonic for infants and children who fail to thrive because of loss of appetite and indigestion.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

Ingredients

10 ml. *Lodhrasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Lodhra	<i>Symplocos recemosa</i>	Lodh	Bark	20 mg
Madhu	<i>Mel depuratum</i>	Honey	—	3.2 mg
Karchura	<i>Curcuma zedoria</i>	Zedoary	Rhizome	20 mg
Pushkaramula	<i>Saussurea lappa</i>	—	Root	20 mg
Murva	<i>Clematis gouriana</i>	Bow string hemp	Root	20 mg
Ela	<i>Elettaria cardamomum</i>	Lesser cardamom	Fruit	20 mg
Vidanga	<i>Embelia ribes</i>	Embelia fruits	Fruit	20 mg
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	20 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	20 mg
Amalaki	<i>Embllica officenalis</i>	Emblic myrobalan	Fruit	20 mg
Ajamoda	<i>Carum copticum</i>	Ajowan	Seed	20 mg
Priyangu	<i>Callicarpa macrophylla</i>	—	Fruit	20 mg
Puga	<i>Areca catechu</i>	Betel nut	Fruit	20 mg
Indrayava	<i>Citrullus colocynthis</i>	Colocynth	Seed	20 mg
Kiratatikta	<i>Swertia chirata</i>	Chiretta	Whole	20 mg
Katuka	<i>Picrorhiza kurroa</i>	Hellebore	Plant	20 mg
Bharnagi	<i>Clerodendron serratum</i>	Beetle killer root	Root	20 mg
Tagara	<i>Valeriana wallichii</i>	Indian valerian	Root	20 mg
Pippalimula	<i>Piper longum</i>	Root of long pepper	Root	20 mg
Kushtha	<i>Alpinea galanga</i>	Java galangal	Rhizome	20 mg
Ativisha	<i>Aconitum heterophyllum</i>	Atis	Root	20 mg
Patha	<i>Cissampelos pareira</i>	False pareira brava	Root	20 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchi seeds	Seed	20 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	20 mg
Kutaja	<i>Holarrhena antidysenterica</i>	Kurchi bark	Bark	20 mg
Nakhi	<i>Helix aspera</i>	Apple snail operculum	Whole	20 mg
Patra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	20 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	20 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	20 mg

Actions & Indications

Lodhrasava is also called as *Rodhrasava*. It is one of the choicest formulation for treating leucorrhoea. *Lodhra* has predominant astringent taste, pungent post digestive effect and cold potency. Because of its astringent property it curbs the discharges especially, from the uterus. Hence, it is beneficial in leucorrhoea. The astringent attributes also helps arresting the haemorrhages. So it becomes salutary in menorrhagia and dysmenorrhoea. Ingredients like *Nagakeshara*, *Puga*, *Mustaka* and *Tagara* being astringents, amplify the properties of *Lodhra* and immensely help in uterine bleeding.

Lodhrasava is also recommended in diabetes mellitus due to aggravation of *kapha* and *pitta doshas*. It is also used in anaemia, piles, colitis, distaste, obstinate urinary disorders and skin diseases like lichen planus, with great benefit.

Dosage

2-4 tsf; after food, with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 4, F. 5969

Ingredients

10 ml. *Lohasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	33.3 mg
Maricha	Piper nigrum	Black pepper	Fruit	33.3 mg
Pippali	Piper longum	Long pepper	Fruit	33.3 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	33.3 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	33.3 mg
Amalaki	Emblica officinalis	Embelic myrobalan	Fruit	33.3 mg
Ajmoda	Carum copticum	Ajowan	Seed	100 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	100 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	100 mg
Chitraka	Plumbago zelaynica	Leadwort	Root	100 mg
Lohabhasma	Ferrum	Calx of iron	—	2 mg
Madhu	Mel depuratum	Honey	—	1.200 gm

Actions & Indications

Lohasava is one of the most important formulation used in treating microcytic anaemia, especially, due to iron deficiency. *Lohabhasma* replenishes the *rakta dhatu* i.e. it augments the haemoglobin. As it causes constipation, *Triphala* incorporated in this composition, eases the problem.

In *panduroga* (anaemia) lack of energy and lassitude are due to depletion of *dhatu*s and *ojas*. The *agni* is low and especially *raktagni* is diminished. The ingredients like *Trikatu* and *Chitraka* help to stoke the *agni* well. *Vidanga* is beneficial as a digestant, anthelmintic, relieves flatulence and as a whole reconciles the digestive system. It also helps to relieve the constipation, caused by *Lohabhasma*.

Lohabhasma, the cardinal ingredient of this formulation, works well to augment the haemo-

globin percentile, with great benefit. Anaemia due to worm infestations, respond well to this composition, as it also consists *Vidanga*. *Loha* is *rasayana* and thus nourishes *rasa*, *rakta* etc. all *dhatu*s.

Lohasava is also benevolent in various diseases like anorexia, anasarca, tumours, piles, chronic skin diseases, enlargement of liver and spleen, asthma, sprue and anal fistula. In anaemia, *Lohasava* augments the haemoglobin percentile and alleviates the symptoms like fatigue, fainting, palpitations, headache, breathlessness, intermittent claudication etc.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Bhaishajya Ratnavali, *Panduroga*, *hikar*

PANCHAKOLASAVA

11

Ingredients

10 ml. *Panchakolasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Pippali	Piper longum	Long pepper	Fruit	100 mg
Pippalimula	Piper longum	Root of long pepper	Root	100 mg
Chavya	Piper chaba	Java long pepper	Fruit	100 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	100 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	100 mg
Draksha	Vitis vinifera	Black raisins	Raisin	400 mg

Actions & Indications

The combination of *Pippali*, *Pippalimula*, *Chavya*, *Chitraka* and *Shunthi*, together, is called as '*Panchakola*'. All these herbs are pungent in taste, hence, also named as '*Panchoshana*'. The ingredients are pungent in taste, have pungent and sweet post digestive effect, and are hot in the potency. They mitigate *kapha* and pacify *vata dosha*, but aggravate *pitta*. The attributes, they possess are hot, sharp, dry and light. Because of these attributes, *agni* is augmented and *ama* is digested also. As *vata* is pacified, it helps relieving flatulence and abdominal pain. It reconciles the digestion and works well in splenic disorders because of its *lekhana* property. It works well in ascites and tumours as it alleviates *kapha*, dries up *kleda* and mitigates *kapha* and *kleda*, respectively.

Panchakolasava is one of the finest remedy in digestive disorders, caused by loss of appetite. In anorexia, the associated signs and symptoms like coating of the tongue, flatulent dyspepsia, heaviness in the body, malaise, fatigue are commonly seen. *Panchakolasava* stokes *agni* very well and relieves all these symptoms by improving the appetite and triggering the digestion. It also helps in the diseases originated because of low *agni* viz. piles, colitis, tumours, hepatosplenomegaly.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Proprietary

PIPPALYASAVA

12

Ingredients10 ml. *Pippalysava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Pippali	Piper longum	Long pepper	Fruit	10 mg
Lodhra	Symplocos recemosa	Lodh	Bark	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg
Patha	Cissampelos pareira	False pareira brava	Root	10 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	10 mg
Elawaluka	Prunus cerasus	Dwarf cherry	Fruit	10 mg
Chavya	Piper chaba	Java long pepper	Fruit	10 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	10 mg
Puga	Areca catechu	Betel nut	Fruit	10 mg
Ushira	Vevaria zizamoides	Cuscuta grass	Root	10 mg
Swetachandana	Santalum album	White sandalwood	Heartwood	10 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	10 mg
Priyangu	Callicarpa macrophylla	—	Fruit	10 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	10 mg
Haridra	Curcuma longa	Turmeric	Rhizome	10 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	10 mg
Kushtha	Alpinea glanga	Greater galangal	Root	10 mg
Lavanga	Carophyllus aromaticus	Clove	Flower	10 mg
Tagara	Valeriana wallichii	Indian valerian	Root	10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Draksha	Vitis vinifera	Black raisins	Raisin	1.2 gm

Actions & Indications

Pippalyasava is prepared by mixing the fine powders of all ingredients in the table mentioned above and adding *Dhataki* flowers for fermentation. The whole mixture is kept in airtight container for about 2-3 weeks, till the fermentation takes place properly.

Pippali is well known for its properties like an

appetizer, digestant, febrifuge, nervine and rejuvenative. It alleviates all the three *doshas*. It effectively reconciles the digestive functions and is used with great benefit in loss of appetite, indigestion, flatulence, hyperacidity, abdominal pain, piles etc. It also strengthens the immune system of the body.

Ingredients like *Maricha*, *Chavya*, *Vidanga*, *Tvak*, *Lavanga*, *Nagakeshara*, *Tamalpatra* help to boost the *agni*, more. Hence, the formulation becomes benevolent in the conditions caused by low *agni* viz. ascites, anaemia, tumours, piles and fever. Addition of ingredients like *Lodhra*, *Nagakeshara*, *Haridra*, *Puga* because of their astringent property, help in treating diarrhoea,

colitis, sprue. *Pippalyasava* is also useful in cough and sinusitis.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Sharngadhar Samhita

PUNARNAVASAVA

13

Ingredients10 ml. *Punarnavasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Punarnava	Boerhaavia diffusa	Spreading hogweed	Root	20 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	20 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	20 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	20 mg
Amalaki	Embolica officinalis	Emblic myrobalan	Fruit	20 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	20 mg
Gokshura	Tribulus terrestris	Land caltrops	Root	20 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	20 mg
Bruhati	Solanum indicum	Indian night shade	Root	20 mg
Vasa	Adhatoda vasica	Malbar nut	Leaf	20 mg
Eranda	Ricinus cummunis	Castor oil plant	Root	20 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	20 mg
Gaja pippali	Scindapsus officinalis	Large long pepper	Fruit	20 mg
Nimba	Azadirachta indica	Margosa tree	Bark	20 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	20 mg
Dhanvayasa	Fagonia cretica	Khorasan thorn	Leaf	20 mg
Patola	Trichosanthes dioica	Pointed gourd	Root	20 mg
Mulaka	Raphanus sativus	Radish	Rhizome	20 mg
Draksha	Vitis vinifera	Black raisin	Raisin	400 mg

Actions & Indications

The Sanskrit word '*Punarnava*' literally means one which renews the body, i.e. which brings back the youth. It is highly praised as a rejuvenative to urinary system, alleviates cough (antitussive), promotes longevity, helps for sudation, relieves oedema and alleviates dysuria. *Punarnava* and all

other herbal powders are mixed with water and honey, jaggery and *Dhataki* flowers are added to it for fermentation. The decoction of *Punarnava* is also used (*Punarnavadi quath*), but *Punarnavasava* is a more potent and subtle preparation than the decoction.

Punarnavasava is one of the best remedy for oedema or anasarca of any origin. It alleviates oedema, especially, of *kapha* origin. This property is beneficial in congestive cardiac disorders as *Punarnava* also strengthen the heart. It reduces dyspnoea, oedema and cough very effectively. *Punarnavasava* works well in cough also. It augments the haemoglobin, hence, is salutary in anaemia. It is one of the best adjunct, in treating fever. It is commonly used in urinary

ailments like nephritis, urinary calculi, dysuria as it is an effective diuretic. In asthma it also helps relieving the bronchospasms and congestion of the lungs.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Bhaishajya Ratnavali, *Shothadhikar*

SARIVADYASAVA

14

Ingredient10 ml. *Sarivadyasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	20 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	20 mg
Lodhra	Symplocos recemosa	Lodh	Bark	20 mg
Vata	Ficus bengalensis	Banyan tree	Bark	20 mg
Ashwatha	Ficus religiosa	People	Bark	20 mg
Karchura	Curcum zedoria	Zedoary	Rhizome	20 mg
Anantamula	Lehnocarpus frutescens	Country sarsaparilla	Root	20 mg
Padmaka	Lehnocarpus puddum	Bird cherry	Rhizome	20 mg
Patha	Cissampelos parciria	False pareira brave	Root	20 mg
Amalaki	Embllica officinalis	Embllic myrobalan	Fruit	20 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	20 mg
Raktachandana	Pterocarpus santalinus	Red sandalwood	Wood	20 mg
Ajamoda	Carum copticum	Ajamoda	Seed	20 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	20 mg
Kushtha	Alpinia galanga	Greater galangal	Root	20 mg
Markandika	Cassia angustifolia	Indian senna	Leaf	80 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	80 mg
Draksha	Vitis vinifera	Raisins	Raisin	1.2 gm
Ushira	Vetiveria zizanoides	Cuscut grass	Root	20 mg
Swetachandana	Santalum album	White sandalwood	Wood	20 mg
Sukshmaela	Elettaria cardamomum	Lesser cardamom	Fruit	80 mg
Bruhat ela	Ammomum subulatum	Greater cardamom	Fruit	80 mg

Actions & Indications

Sariva, also known as *Anantamula*, is very popular mainly for its blood purifying and cooling attributes. Charaka refers to it as one of the potent panacea for *raktapitta* i.e. bleeding disorder and diarrhoea. It has been categorised under the aromatic herb, complexion improving herb and

a herb relieving burning sensation of the skin.

Other ingredients like *Mustaka*, *Ushira*, *Chandana*, *Raktachandana* etc. are cooling and alleviate the hot attribute of *pitta dosha*. *Lodhra*, *Vata* and *Amalaki* also augment the cooling effect and

also help arresting the haemorrhages. As a whole, it is a very effective remedy for *pitta dosha* and skin diseases, wherein oozing of blood, pus or serum is associated. *Katuka* facilitates the bile secretions and helps as a blood purifier.

Sarivadyasava is extremely beneficial in burning sensation of the hands, feet and eyes. It also helps in burning sensation of urinary tract in infections, calculi and gonorrhoea. It is one of the

best remedy to clear off the depigmentation of the skin due to various skin disorders like acne and improves the complexion, with great benefit.

Dosage

2-4 tsf; twice a day, with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 5, F. 7438

USHIRASAVA 15

Ingredients

10 ml. *Ushirasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ushira	<i>Vetiveria zizanioides</i>	Cuscut grass	Root	200 mg
Balaka	<i>Pavonia odorata</i>	—	Root	40 mg
Kamal sweta	<i>Nymphaea alba</i>	Lotus	Rhizome	20 mg
Gambhari	<i>Gmelina arborea</i>	Cashmere tree	Root	20 mg
Nilotpal	<i>Nymphaea stellata</i>	Indian blue water lily	Rhizome	20 mg
Priyangu	<i>Callicarpa macrophylla</i>	—	Fruit	20 mg
Padmaka	<i>Prunus pudum</i>	Bird cherry	Rhizome	20 mg
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	20 mg
Lodhra	<i>Symplocos recemosa</i>	Lodh tree	Bark	20 mg
Dhanvayasa	<i>Fagonia cretica</i>	Khorasan thorn	Leaf	20 mg
Patha	<i>Cissampelos pareira</i>	Velvet leaf	Root	20 mg
Bhunimba	<i>Swertia chirata</i>	Chiretta	Root	20 mg
Vata	<i>Ficus bengalensis</i>	Banyan tree	Bark	20 mg
Udumbara	<i>Ficus glomerata</i>	Cluster fig	Bark	20 mg
Karchura	<i>Curcuma zedoaria</i>	Zedoary	Rhizome	20 mg
Parpata	<i>Fumaria indica</i>	Common fumitory	Root	20 mg
Kamala rakta	<i>Nymphaea nauchuli</i>	Sacred lotus	Rhizome	20 mg
Patola	<i>Trichosanthes dioica</i>	Pointed gourd	Root	20 mg
Kanchanara	<i>Bauhinia variegata</i>	—	Bark	20 mg
Jambu	<i>Eugenia jambolana</i>	Jama	Fruit	20 mg
Mocharasa	<i>Bombax malabaricum</i>	Gum of silk cotton tree	Resin	20 mg
Draksha	<i>Vitis vinifera</i>	Raisins	Raisin	400 mg
Madhu	<i>Mel depuratum</i>	Honey	—	1 mg

Actions & Indications

Like *Sarivadyasava*, *Chandanasava*, *Arvindasava*; *Ushirasava* is one more cooling preparation. In addition to its cooling property, it has a diuretic property hence is useful in urinary burning due to calculi or inflammatory conditions.

Ushira is held in high esteem as it has various properties like complexion improving, refrigerant, anti-emetic, analgesic and alleviates the excessive sweating. It is bitter and sweet in taste, pungent in the post digestive effect and has cold

potency. It alleviates *pitta* and *kapha doshas*. It is one of the important herbs for pacifying *pitta* and create cooling effect throughout the body.

Raktapitta i.e. bleeding disorders are due to vitiation of blood because of vitiation of *pitta dosha* by hot and sharp attributes. The bleeding is arrested as the formulation consists of *Vata*,

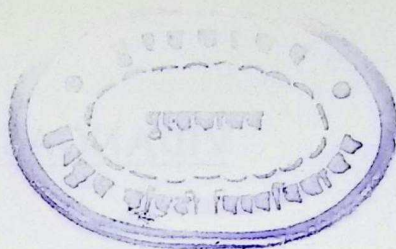
Udumbara, *Kanchanara* and *Mocharasa*, which are predominant astringents. *Ushirasava* also curbs thirst in fevers.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Raktapitta*



VASAKASAVA

16

Ingredients

10 ml. *Vasakasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vasa	Adhatoda vasica	Malabar nut	Leaf	4 gm
Tvak	Chinnamomum zeylanicum	Cinnamon	Bark	10 mg
Ela	Elettaria cardamomum	Malabar cardamom	Fruit	10 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Kankola	Piper cubeba	Cubeb	Fruit	10 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Ushira	Vetivaria zizanioides	Cuscut grass	Fruit	10 mg

Actions & Indications

There is an ancient Sanskrit saying, "When *Vasa* is around and there is still hope for life, why should a patient with tuberculosis, asthma or bleeding diathesis be in despair and suffer?" (Yoga Ratnakara, *Raktapitta Chikitsa* - 14/28). It indicates that *Vasa* is highly praised for its haemostatic as well as broncho-dilating properties. It alleviates *kapha* and *pitta doshas*.

Vasakasava is extremely beneficial in bronchial asthma as it relieves the bronchospasm. *Shunthi*, *Maricha*, *Pippali*, along with *Tvak*, *Ela*, *Tamalpatra* and *Nagakeshara* mitigate the phlegm and stoke *agni*. *Vasa* being *kapha* alleviator, helps to curb mucous secretions and facilitates the blocked phlegm as it dilates the bronchial tree. In tuberculosis, especially associated with cavitation frequently haemoptysis occurs. Ingredients like *Vasa*, *Ushira* and *Nagakeshara* exert haemostatic action and arrest the bleeding. Many a times, the

chronic cough is associated with halitosis wherein there is a foul odour to the mouth. It is mitigated by fragrant herbs like *Kankola*, *Nagakeshara*, *Tvak* and *Ela*. *Vasakasava* is recommended in all types of oedema also.

Vasakasava can be of help in chronic bronchitis, bronchiectasis, allergic bronchitis wherein blocked phlegm and repeated bouts of cough harass the patient. It also works well in bleeding diathesis (*raktapitta*) where the bleeding occurs through nose, ears, anus, vagina etc. *Vasakasava* is commonly used in bronchial asthma and tuberculosis.

Dosage

2-4 tsf; twice a day after food, with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 4, F. 6835

VIDANGASAVA

17

Ingredients

10 ml. *Vidangasava* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vidanga	Embelia ribes	Embelia fruit	Fruit	800 mg
Pippalimula	Piper longum	Long pepper root	Root	200 mg
Rasna	Pluchea lanceolata	—	Root	200 mg
Kutaja	Holarrhena antidysenterica	Kurchi	Bark	200 mg
Indrayava	Holarrhena antidysenterica	Seeds of kurchi	Seed	200 mg
Paripatha	Oldenlandia corymbosa	—	Root	200 mg
Amalaki	Embica officinalis	Emblic myrobalan	Fruit	200 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	10 mg
Bruhatela	Ammomum subulatum	Greater cardamom	Fruit	10 mg
Tvak taila	Cinnamomum zeylanicum	Cinnamon oil	Oil	.001 ml

Actions & Indications

Vidangasava contains one more ingredient, i.e. *Kutaja*, otherwise the composition of *Vidangasava* and *Vidangarishta* is the same. Hence, in addition, the *Vidangasava* because of *Kutaja* stokes the *agni* and reconciles the digestion. It also helps in binding of foecal matter. It is useful in worm infestations wherein loose motion is the associated symptom.

In worm infestations, low *agni* is always one of the contributing factor for its aetiopathogenesis. Ingredients like *Pippalimula*, *Rasna*, *Indrayava* being bitter in taste, stoke *agni* very well. *Tvak*, *Tamalpatra*, *Ela*, *Shunthi*, *Maricha*, *Pippali* and *Priyangu* stoke *agni* as well as improve the digestion. *Vidanga*, the chief ingredient possesses potent anthelmintic property, which is augmented by *Indrayava*. It not only alleviates the worm

infestation but works well to prevent the recurrence of worm infestations.

Ayurveda classifies worms into four varieties viz. *kaphaja*, *raktaja*, *purishaja* and *malaja*. Further there is mention of seven varieties of *kaphaja* type, six varieties of *raktaja* type, five varieties of *purishaja* type and two varieties of *malaja* type. In all, there is mention of twenty varieties of worms in total. *Vidangasava* works well in all these. In modern terminology, it is beneficial in round worms, thread worms and hook worms.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Yoga Ratnakara

ARISHTA – MEDICATED WINE

The product prepared by fermenting decoction of drugs is known as *arishta*, where as that prepared by fermenting uncooked drugs in water is known as *asava*. Both the types of preparations contain a certain percentage of alcohol and as such are intoxicating. Ayurveda uses a variety of herbal wines. They have a long shelf-life.

The ingredients in the form of powders are mixed with water and the decoction is first prepared. Then the sweet substances like jaggery, sugar or honey are added to the decoction and the mixture is kept in an air-tight wooden barrel. It is allowed to ferment for a period of days or months. The resultant wine is *arishta*, which becomes easier to assimilate and promotes *agni*. The flowers of *Dhataki* (*Woodfordia fruticosa*) are added to promote the alcoholic fermentation, as they are the rich source of yeast.

Both, *asavas* and *arishtas* contain alcohol (7-12%) and hence become sharp in their attribute. It is advised to take these preparations with equal quantity of water, preferably after meals. The average dose of *arishta* is 10-20 ml. 3 times a day.

The usual proportion of ingredients in *asava* preparations is medicinal herbs 40, honey 200, jaggery 400 and water 1024 *tolas*. Many of them are stomachics, tonics, stimulants, astringents, alteratives and febrifuges etc.

ARISHTA
MEDICATED WINE

ABHAYARISHTA

1

Ingredients10 ml. *Abhayarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	2 gm
Vidanga	<i>Embelia ribes</i>	Embelia fruits	Fruit	200 mg
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	40 mg
Indravaruni	<i>Citrullus colocynthis</i>	Colocynth	Fruit	40 mg
Chavya	<i>Piper chaba</i>	Java long pepper	Fruit	40 mg
Trivrutta	<i>Operculina turpethum</i>	Indian jalap	Root	40 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Root	40 mg
Danti	<i>Baliospermum montanum</i>	—	Root	40 mg
Draksha	<i>Vitis vinifera</i>	Raisins	Raisin	200 mg
Dhanyaka	<i>Coriandrum sativum</i>	Coriander	Fruit	40 mg
Mocharasa	<i>Salmelia malabarica</i>	Gum of silk-cotton tree	Resin	40 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	40 mg

Actions & Indications

Abhaya is the synonym of *Haritaki*. First the decoction of *Haritaki*, *Mrudvika* (raisins) and *Vidanga* is prepared. Then other ingredients like *Gokshura*, *Trivruta* etc. are mixed with the decoction and for fermentation, the jaggery and *Dhataki* flowers are added. After fermentation, the final product is ready for the use.

Haritaki is one of the best *anulomana* (laxative) herb. The difference between *anulomana* and *virechana* (purgative) is distinct, according to Ayurvedic concepts. The *anulomana* substances stoke the *agni* well, digest the food properly and then disintegrate the faecal matter into liquid form. The *virechana* substances do not improve *agni* and digestion, but help to expel the faecal matter as it is. *Haritaki* works well to stoke *agni*, improve the digestion and disintegrate the faecal matter into liquid or semisolid, soft form. *Vidanga*

and raisins help the *anulomana* action of *Haritaki*. In chronic constipation, *Abhayarishta* works well, with great benefit and without any habit forming. Ingredients like *Danti*, *Trivruta* exert mild purgative action. The diseases like hyperacidity, anasarca, jaundice, ascites, piles respond well to *Abhayarishta* wherein the laxative action is expected. *Shunthi*, *Dhanyaka*, *Chavya*, *Indravaruni* help augmenting the *agni*. *Abhayarishta* also helps to relieve the urinary obstruction. It is the choicest remedy for bleeding piles.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Arsharogadhikar*

AMRUTARISHTA

2

Ingredients

10 ml. *Amrutarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	800 mg
Dashamula:	—	Ten Roots	Root	100 mg
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	—
Bruhati	<i>Solanum indicum</i>	Indian night shade	Root	—
Prushniparni	<i>Uraria picta</i>	Sweet smelling hare foot	Root	—
Shaliparni	<i>Desmodium gangeticum</i>	Unifoliate tick trefoil	Root	—
Kantakari	<i>Solanum xanthocarpum</i>	Jaquin's night shade	Root	—
Bilva	<i>Aegle marmelos</i>	Bael	Root	—
Agnimantha	<i>Clerodendron phlomoidis</i>	Jerusalem sage	Root	—
Tintuka	<i>Oroxylum indicum</i>	Indian trumpet flower	Root	—
Patala	<i>Stereospermum suaveolens</i>	Yellow flowered trumpet	Root	—
Gambhari	<i>Gmelina arborea</i>	Cashmere tree	Root	—
Saptakapi	<i>Alstonia scholaris</i>	Dita	Root	50 mg
Parpata	<i>Fumaria indica</i>	Common fumitory	Root	50 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Seeds of kurchi	Seed	50 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	50 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	20 mg
Ativisha	<i>Aconitum heterophyllum</i>	Atis	Root	10 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	10 mg
Trikatu	<i>Piper longum, Piper nigrum</i> <i>Zingiber officinale</i>	Three pungents	Fruit	30 mg

Actions & Indications

Amruta is the synonym of *Guduchi*, which is one of the most versatile rejuvenating herbs. The Sanskrit name '*Guduchi*' means the one, which protects the body. It is called *Amruta* (i.e. nectar), as it is extremely useful in strengthening the immune system. It possesses various properties like antipyretic, rejuvenative, nervine, promoting longevity, alleviating gout and glandular swellings,

blood purifying etc. It alleviates all the three *doshas* and is useful in jaundice also.

Amrutarishta is commonly used as a blood purifier. It helps in alleviation of fever as it also consists *Parpata* and *Indrayava*. Ingredients like *Shunthi*, *Maricha*, *Pippali*, *Ativisha* and *Nagakeshara* stroke the *agni* and help in treating

fevers. It is useful in pyrexia of unknown origin (P.U.O.) as a remedy to begin with. *Guduchi*, *Dashamula* and *Saptaparna* pacify *vata* and hence is benevolent in *vata* disorders. As it pacifies *vata* as well as purifies the blood, it works well in gout. It is also used in treating skin diseases of varied aetiology. It works well as a general tonic, with great benefit.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Arsharogadhikar*

ARJUNARISHTA

3

Ingredients

10 ml. *Arjunarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Arjuna	<i>Terminalia arjuna</i>	Arjuna	Bark	2 gm
Dhataki	<i>Woodfordia fruticosa</i>	Fire flame bush	Flower	200 mg
Draksha	<i>Vitis vinifera</i>	Raisins	Raisin	1 gm

Actions & Indications

Arjunarishta is also known as *Parthadyarishta* as *parth* is one of the synonyms of *arjuna*. It is one of the best heart tonic and is extensively used in cardiac debility. *Arjuna*, because of its beneficial properties of strengthening the cardiac musculature, has attracted modern research workers all over the world. Chakrapanidatta has quoted the use of *Arjuna* bark in the form of decoction in milk (*kshirapaka*), along with rock candy, to augment the efficiency of heart muscles.

Arjuna is astringent in taste, pungent in post digestive effect and has very old potency. It alleviates *kapha* and *pitta doshas*, but aggravates *vata dosha*. It is also beneficial as a haemostatic, to arrest the bleeding. *Arjunarishta* is used in congestive cardiac failure, especially with

dilatation of heart. It stimulates the cardiac muscles, improves their efficiency and alleviates oedema due to cardiac failure. It relieves the dyspnoea and palpitations. *Arjunarishta* is of great help in convalescence as a general tonic.

The astringent action of *Arjuna* is useful in treating dysentery and uterine bleeding. It also helps in leucorrhoea, with great benefit. *Arjunarishta* is recommended by ancient Ayurvedic texts, as a remedy for the diseases of heart and lungs and is praised as a general tonic, as well.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Hridrogadhikar*

ASHOKARISHTA

4

Ingredients10 ml. *Ashokarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ashoka	<i>Saraka indica</i>	Ashoka tree	Bark	2 gm
Daruharidra	<i>Berberis aristata</i>	Indian berberry	Stem	20 mg
Nilotpal	<i>Nymphaea stellata</i>	Indian blue water lily	Rhizome	20 mg
Triphala	<i>Ter. chebula, Ter. belerica, Emb. officinalis</i>	Three myrobalans	Fruit	20 mg
Amrabija	<i>Mangifera indica</i>	Mango seed	Seed	20 mg
Vasa	<i>Adhatoda vasica</i>	Malabar nut	Leaf	20 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seed	Seed	20 mg
Krishnajiraka	<i>Carum caraway</i>	Black caraway	Seed	20 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	20 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	20 mg
Chandana	<i>Santalum album</i>	White sandalwood	Heartwood	20 mg

Actions & Indications

Ashoka is aptly said to be a 'companion of women' as it rejuvenates the female reproductive system and is salutary in treating various gynaecological problems. *Ashoka* is bitter and astringent in taste, pungent in post digestive effect and has a cold potency. It possesses light and dry attributes. Because of its predominant astringent property, it helps in treating excessive uterine bleeding, dysmenorrhoea and leucorrhoea.

Ashoka imparts excellent results in dysmenorrhoea, where menstruation is associated with colicky abdominal pain. It reinforces the uterine musculature, hence is benevolent in prolapse, inflammatory conditions and hypotonia of uterus. It also has remarkable healing effect on the endometrium and a stimulant action on the ovarian tissue. As a whole, it renders the puissant rejuvenative actions on uterus, hence aptly called as *garbhashaya rasayana*, meaning the uterine tonic.

Other ingredients of *Ashokarishta* like *Mustaka*, *Chandana*, *Vasa*, have a cold potency and work well as haemostatic herbs. Hence, it is extremely helpful in menstrual heavy bleeding. The ingredients also possess astringent property, which curb leucorrhoea and bleeding piles. *Ashokarishta* augments the tone of uterine musculature and helps to alleviate dysmenorrhoea, wherein abdominal colicky pain, pain of the low back region and thighs are the associated symptoms.

Dosage

2-4 tsf; twice a day, after food with water.

ReferenceBhaishajya Ratnavali, *Strirogadhi*

ASHWAGANDHARISHTA

5

Ingredients

10 ml. *Ashwagandharishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ashwagandha	<i>Withania somnifera</i>	Winter cherry	Root	1 gm
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	100 mg
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	100 mg
Haridra	<i>Curcuma longa</i>	Tumeric	Rhizome	100 mg
Daruharidra	<i>Barberis aristata</i>	India berberry	Stem	100 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Root	100 mg
Rasna	<i>Vanda roxburghii</i>	—	Root	100 mg
Vidari	<i>Impomoea digitata</i>	—	Rhizome	100 mg
Arjuna	<i>Terminalia arjuna</i>	Arjuna	Bark	100 mg
Trivruta	<i>Operculina Turpethum</i>	Indian jalap	Root	100 mg
Anantamula	<i>Heminalia indicus</i>	Indian sarsaparilla	Root	200 mg
Raktachandana	<i>Pterocarpus santalinus</i>	Red sandalwood	Wood	100 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	100 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	20 mg
Chandana	<i>Santalum album</i>	White sandalwood	Wood	20 mg
Vacha	<i>Acorus calamus</i>	Sweet flag	Rhizome	20 mg
Shunthi	<i>Zingiber Officinale</i>	Dry ginger	Rhizome	10 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	10 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	10 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Cassia	Leaf	10 mg
Nagakeshara	<i>Mesua ferrea</i>	Mesua	Stamen	10 mg
Bruhatela	<i>Ammomum subulatum</i>	Greater cardamom	Fruit	10 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Oil	.001 ml

Actions & Indications

Ashwagandha is one of the prime and important plant used as *Rasayana* (rejuvenator) and *Vajikarana* (aphrodisiac). *Ashwagandharishta* is widely prescribed as a general tonic, useful in general debility and convalescence. *Ashwagandha* possesses properties as sweet, astringent and

bitter taste, sweet post digestive effect and hot potency. It alleviates *kapha* and *vata doshas*. It stokes *agni* very well.

Ashwagandharishta is one of the best general tonic. In debility, convalescence the weakness is

due to depletion of *dhatus*, which is replenished by this formulation. Due to depletion of *dhatus*, the *vata* gets aggravated and causes bodyache, tinnitus, lassitude, fatigue etc. All these symptoms get subsided with this formulation. *Ashwagandharishta*, especially, is a boon to sportsmen as *Ashwagandha* is *rasayana* to *mammsa dhatu* i.e. an anabolic to muscle tissue. It also helps to spurt the weightgain in children. It induces natural sleep.

Ashwagandha also helps to promote the cardiac

efficiency and because of its mild diuretic property, it relieves oedema in heart diseases. *Vidari* and *Arjuna* add to the properties of *Ashwagandha*.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali

BABBULADYARISHTA

6

Ingredients

10 ml. *Babbuladyarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Babbula	Acacia arabica	Gum arabica bark	Bark skin	4 mg
Pippali	Piper longum	Long pepper	Fruit	40 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	20 mg
Kankola	Piper cubeba	Cubeb	Fruit	20 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	20 mg
Ela	Elettaria cardamomum	Malabar cardamon	Fruit	20 mg
Tamalparta	Cinnamomum talama	Casia leaf	Leaf	20 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	20 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	20 mg

Actions & Indications

Babbula bark skin decoction is prepared and other ingredients are added to it and stored for fermentation. The bark skin of *Babbula* and the gum have different properties. The bark skin has an astringent taste, pungent post digestive effect and cold potency. Because of its potent astringent property, it is extremely beneficial to control the peristalsis and enhance the absorption from large intestine, which curbs diarrhoea and dysentery.

Other ingredients viz. *Jatiphala*, *Nagakeshara* also possess astringent property and exert additive effect. The gastrointestinal disorders like diarrhoea, dysentery, flatulence, dyspepsia, colitis etc originate because of low *agni*. Ingredients like *Pippali*, *Lavanga*, *Tvak*, *Maricha*, *Kankola* help to augment *agni*. The ingredients like *Ela*, *Jatiphala*, *Tvak*, *Kankola* and *Lavanga* are also aromatic and hence, they alleviate *vata dosha* and abate the flatulence, abdominal pain and discomfort.

Astringent substances are beneficial in diabetes,

as they curb the *Kledaka kapha*. Hence, *Babbuladyarishta* can be of great help as an adjuvant in treating diabetics. It is also benevolent as an adjunct, in the treatment of various dermatoses of varied aetiology. It is also useful in cough and dyspnoea. It can be of great help as a general tonic in tuberculosis.

Babbuladyarishta is one of the best panacea for chronic colitis. Incompatible diet in presence of low *agni* is the aetiological factor in colitis. This formulation stokes *agni* as well as mitigates *ama* and becomes extremely useful in chronic colitis, as it averts the pathogenesis.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 3, F. 4698

BALARISHTA**7****Ingredients**

10 ml. *Balarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bala	<i>Sida cordifolia</i>	Country mallow	Root	4 mg
Ashwagandha	<i>Withania somnifera</i>	Winter cherry	Root	4 gm
Kshirakakoli	—	—	Root	20 mg
Eranda	<i>Ricinus communis</i>	Castor oil plant	Root	20 mg
Rasna	<i>Vanda roxburghii</i>	—	Root	20 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	20 mg
Prasarini	<i>Paederia foetida</i>	Chinese flower plant	Root	20 mg
Lavanga	<i>Syzygium aromaticum</i>	Clove	Flower	20 mg
Ushira	<i>Vetiveria zizanioides</i>	Cuscut grass	Root	20 mg
Gokshura	<i>Tribulus terrestris</i>	Small caltrops	Root	20 mg

Actions & Indications

The decoction of *Bala* and *Ashwagandha* is first prepared and other ingredients, along with jaggery and *Dhataki* flowers are mixed together. After fermentation *Balarishta* is ready for the use. *Bala* is highly praised as a *brimhana* (a bulk promoting herb), *balya* (a tonic), *prajasthapana* (promoting reproduction), *rasayana* (rejuvenative to muscle tissue), and *vata samshamana* (pacifies the *vata dosha*). *Bala* is sweet in the taste and post digestive effect and has a cold poency. It possesses light unctuous and slimy attributes. Hence, it is extremely beneficial in *vata* diseases associated with, or due to wasting. It enhances the bulk and rejuvenates the muscle tissue and pacifies *vata dosha*. Other ingredients like *Ashwagandha*, *Kshirakakoli* are also sweet and unctuous, which impart additive effect.

Eranda, *Prasarini*, *Gokshura* and *Rasna* are potent alleviators of *vata*. Hence, *Balarishta* as a whole is a great panacea for muscle wasting disease, tremors, debility, vertigo, insomnia etc. which originate due to aggravation of *vata dosha*. It is salutary as a general tonic and more useful in thin individuals than obese persons, suffering from *vata* diseases due to tissue depletion i.e. *dhatukshaya*.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Vatavyadhi*

DASHAMULARISHTA

8

Ingredients

10 ml. *Dashamularishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Dashamula:	—	Ten roots	Root	2 gm
Bruhati	<i>Solanum indicum</i>	Yellow barbed night shade	Root	—
Shaliparni	<i>Dasmodium gangeticum</i>	—	Root	—
Prushniparni	<i>Uraria picta</i>	Sweet smelling hare foom	Root	—
Kantakari	<i>Solanum xanthocarpum</i>	Jaquin's night shade	Root	—
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	—
Bilva	<i>Aegle marmelos</i>	Bael	Root	—
Agnimantha	<i>Clerodendron phlomoides</i>	Jerusalem sage	Root	—
Patala	<i>Stereospermum suaveolens</i>	Yellow flowered trumpet	Root	—
Gambhari	<i>Gmelina arborea</i>	Cashmere tree	Root	—
Tintuka	<i>Oroxylum indicum</i>	Indian trumpet flower	Root	—
Danti	<i>Baliospermum montanum</i>	—	Root	2 gm
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	2 gm
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	2 gm

Actions & Indications

Sanskrit word '*Dashamula*' denotes *dasha* - means ten and *mula* - means roots. Ayurvedic scriptures quote the combination of the roots of ten plants to be beneficial to alleviate all three *doshas*, especially *vata*. Out of ten, the five roots are of large trees, hence named '*Brihad panchamula*' and five roots of shrubs are called as '*Laghu panchamula*'. The former alleviate *vata* and digest *ama*. *Dashamularishta* is benevolent in diseases like fever, asthma, cough, oedema, pleurisy, flatulence, distaste, low *agni* and *vata* diseases.

Danti and *Haritaki*, along with *Dashamulas*, facilitate the proper direction of *vata*, as they have a mild laxative property. The ingredients like *Shaliparni* and *Prushniparni* are stimulant to

heart and hence, in hypotension *Dashamularishta* works well, with great benefit.

In some proprietary preparations of *Dashamularishta*, the aromatic ingredients like *Lavanga*, *Kankola*, *Ela*, *Tvak*, *Jatiphala*, are added to stoke the *agni*, alleviate *vata* and to work well in respiratory afflictions like asthma, pleurisy and cough. *Dashamularishta* is the best adjuvant in treating spondylosis and joint disorders.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Sushruta Samhita, *Chikitsa*, A-6

DEVADARVYARISHTA**9****Ingredients**10 ml. *Devadarvyarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Devadaru	Cedrus devadara	Cedarwood	Bark	200 mg
Vasa	Adhatoda vasica	Malabar nut	Root	100 mg
Indrayava	Holarrhoena antidysenterica	Kurchi seeds	Seeds	100 mg
Danti	Baliospermum montanum	—	Root	100 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	100 mg
Haridra	Curcuma longa	Turmeric	Rhizome	100 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	100 mg
Rasna	Vanda roxburghii	—	Root	100 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	100 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	100 mg
Khadira	Acacia catechu	Cutch tree bark	Bark	100 mg
Arjuna	Terminalia arjun	Arjuna	Bark	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Ajamoda	Carum copticum	Ajowan	Seed	100 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	100 mg
Shirish	Albizia lebeck	—	Bark	8 mg
Tagara	Valeriana wallichii	—	Root	8 mg
Swetachandana	Santalum album	White sandalwood	Wood	8 mg
Tejapatra	Cinnamomum tamala	Casia leaf	Leaf	8 mg
Pippali	Piper longum	Long pepper	Fruit	8 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	8 mg
Bruhatela	Amomum sublatum	Greater cardamom	Fruit	8 mg
Tvak	Cinnamomum zeylanicum	Cinnamon oil	Bark	.008 mg

Actions & Indications

Arishta, *asava* and *quath* (decoction) are different forms of preparation of *Devadaru* named as *Devadarvyarishta*, *Devadarvyasava* and *Devadarvyadi quath*, respectively. *Devadaru* is bitter in taste, pungent in post digestive effect and has a hot potency. It alleviates *vata* and *kapha doshas*. It possesses diuretic, diaphoretic and antidermatoses properties and is a potent *vata* alleviator.

Vata disorders associated with pain, respond well to this preparation. Hence, it is salutary in rheumatoid arthritis, osteoarthritis, gout, sciatica, spondylosis etc. It effectively relieves the oedema as *Devadaru* has a diuretic property.

Other ingredients like *Katuka*, *Indrayava*, *Guduchi* etc. work well to alleviate the fever. *Pippali*,

Nagakeshara, Tvak, Tejapatra, Ela stoke *agni* and are beneficial in respiratory afflictions, wherein blocked phlegm is relieved. *Devadarvyarishtha* is of great help in chronic fever, diabetes mellitus, chronic colitis, piles, dysuria and *vata* disorders. Majority of the ingredients are light and dry in attributes and alleviate *vata*, hence, the formu-

lation is useful in the treatment of obesity also.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Prameha*

Ingredients

10 ml. *Draksharishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Draksha	Vitis vinifera	Raisin	Raisin	2 gm
Vidanga	Embelia ribes	Bidanga	Fruits	10 mg
Priyangu	Callicarpa macrophylla	—	Flower	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark oil	.001 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	10 mg
Tejapatra	Cinnamomum tamala	Casia leaf	Leaf	10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg

Actions & Indications

Draksha, the wine grape, is highly esteemed as *phalottama* i.e. the best amongst fruits, by ancient scriptures of Ayurveda. It is categorised as *shramahara* (relieves fatigue), *snehopaga* (oleating adjunctive), *virechanopaga* (adjunct to purgation), *kanthya* (beneficial for the throat), *kasaghna* (antitussive), and raisins specifically, as *jwaraghna* (antipyretic), *brimhaniya* (bulk promoting). *Draksha* has a synonym, *yakshmaghni* meaning anti-tubercular.

Draksha has sour and sweet tastes, sweet post digestive effect and has a cold potency. It alleviates *vata* and *pitta doshas*. It promotes the nourishment of *dhatu*s and augments the strength of the body, hence used as a general tonic.

In tuberculosis, there is wasting of the body, fever, fatigue and loss of weight. *Draksharishta*

is a highly praised remedy in tuberculosis as it relieves the fever, replenishes the body tissues, augments the body strength, stokes the *dhatvagni* and pacifies the burning sensation and excessive thirst due to fever.

Ingredients like *Maricha*, *Pippali*, *Tvak*, *Ela*, *Nagakeshara* etc. stoke the *agni* as well as are benevolent to the respiratory system. *Draksharishta* is highly recommended in tuberculosis, asthma, and cough.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Rajayakshma*

JIRAKADYARISHTA

11

Ingredients

10 ml. *Jirakadyarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Jiraka	Cuminum cyminum	Cumin seeds	Seed	200 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	20 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	20 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	20 mg
Tejpatra	Cinnamomum tamala	Casia leaf	Leaf	20 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	20 mg
Ajamoda	Carum copticum	Ajowan	Seed	20 mg
Kankola	Piper cubeba	Cubeb	Fruit	20 mg
Lavanga	Caryophyllus aromaticus	Clove	Oil	.001 ml
Jatiphala	Myristica fragrans	Nutmeg	Oil	.001 ml
Jiraka	Cuminum cyminum	Cumin seed	Oil	.002 ml

Actions & Indications

Jirakadyarishta is one of the choicest medicine in treating diarrhoea, dyspepsia, chronic colitis, anorexia and dysentery. The root cause of all these gastrointestinal afflictions is mainly, the low *agni*. Because of low *agni*, the digestion becomes impaired, formation of *ama* takes place and is followed by flatulence, dull abdominal pain, diarrhoea and/or vomiting, tongue becomes coated, loss of appetite and heaviness in the body.

Jirakadyarishta contains ingredients like *Jiraka*, *Shunthi*, *Tvak*, *Ela*, *Ajamoda*, *Nagakeshara*, *Kankola*, *Lavanga*, which stoke *agni* very well and improve digestion. The ingredients viz. *Shunthi*, *Jatiphala* and *Nagakeshara* curb the peristalsis in large intestine and enhance absorption.

Jiraka is bitter, pungent and sweet in taste, has

pungent post digestive effect and hot potency. It possesses light, sharp and unctuous attributes. It alleviates all the three *doshas*. It eases the flatulence and abdominal pain and stokes the *agni* well. It relieves the chronic fever as it mitigates the *ama*. *Jirakadyarishta* is the common most formulation used in treating gastrointestinal disorders like diarrhoea, dysentery, chronic colitis, anorexia, flatulent dyspepsia and intestinal worm infestations. It also works well as a bitter tonic and is useful in puerperal diseases.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Striroga*

Ingredients

10 ml. *Khadirarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Khadira	Acacia catechu	Cutch bark	Bark	1 gm
Deodaru	Cedrus deodara	Cedarwood	Bark	400 mg
Triphala	Ter.chebula, Ter. belerica, Emb. officinalis	Three myrobalan	Fruits	400 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	500 mg
Bakuchi	Psoralea corylifolia	Psoralea seed	Seed	250 mg
Madhu	Mel depuratum	Honey	—	4 mg
Kankola	Piper cubeba	Cubeb	Fruit	20 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	20 mg
Sukshmela	Elettaria cardamomum	Lesser cardamom	Fruit	20 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	20 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	20 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	20 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	20 mg
Pippali	Piper longum	Long pepper	Fruit	80 mg

Actions & Indications

The decoction of bark-skin of *Khadira*, *Bakuchi*, *Devadaru*, *Daruharidra* and *Triphala* is prepared. Then honey, sugar, *Dhataki* flowers and all other ingredients are added to it and stored for fermentation. *Khadirarishta* is one of the highly esteemed formulation for treating various skin afflictions.

Charaka has categorised *Khadira* as *kushtaghna* i.e. anti-dermatosis and *udarda prashamana* i.e. anti-urticarial. Vagbhata has highly praised it as a drug of choice for the treatment of various skin diseases and Sushruta has described it to be useful as an antiobesity plant. *Khadira* has bitter and astringent tastes, pungent post digestive effect and cold potency. It alleviates *kapha* and *pitta doshas* and beneficial in various diseases like fever, pruritus, obesity, diabetes, cough, asthma,

blood disorders, worms, wounds and anaemia etc.

Khadirarishta is a great panacea for skin diseases associated with itching and oozing like eczema, scabies, ringworm etc. *Khadira* because of its bitter and astringent tastes and cold potency, adsorbs the *kleda*, purifies blood and works well as a haemostatic also. Because of its dry attribute, it reduces the *meda* and *kleda* in obesity and works well to reduce the body fats, with great benefit. It also works well in splenic enlargement by clearing off the *srotorodha* i.e. blockages in subtle channels.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 1, F. 1096

KUTAJARISHTA

13

Ingredients

10 ml. *Kutajarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kutaja	<i>Holarrhena antidysenterica</i>	Kurchi bark	Bark	2 gm
Dhataki	<i>Woodfordia fruticosa</i>	Flower of fire flame bush	Flower	200 mg
Gambhari	<i>Gmelina arborea</i>	Cashmere tree	Root	200 mg
Draksha	<i>Vitis vinifera</i>	Raisins	Raisin	1 gm

Actions & Indications

First, the decoction of *Kutaja* bark skin, raisins and *Gambhari* (*Kashmari*) root is prepared and then *Dhataki* flowers and jaggery are added to it for fermentation.

Vagbhata has specified *Kutaja* as the best anti-diarrhoeal plant. It is pungent, bitter and astringent in taste, pungent in the post digestive effect and has a cold potency. It alleviates *kapha* and *pitta doshas*. It possesses dry and light attributes. It is useful in bleeding piles, diarrhoea, abdominal pain and worms.

Kutaja has a specific activity on the large intestine. As it has a potent astringent action, it effectively controls diarrhoea and also promptly arrests bleeding in the gut. Hence, it is the best panacea for dysentery. The efficacy of the bark skin of *Kutaja* has been varified clinically to be a potent amoebicidal. The efficacy of this herb in intestinal amoebiasis and giardiasis is nearly 70%. The response to *entamoeba histolytica* cyst-passers when treated with *Kutaja* bark was

excellent (Khurana, M.L. and T.N. Vasudevan : Ind. J. Pharm. 29 : 149, 1969). *Kutajarishta* is a matchless remedy for amoebic dysentery, amoebic colitis, nonspecific colitis, irritable bowel syndrome and bleeding piles as well. It also helps promoting the wound healing in ulcerative colitis, controls diarrhoea, improves the digestion by stoking the *agni*, digests the *ama* and alleviates the excessive thirst.

Kutajarishta is also benevolent in all types of fevers as an adjunct and *raktapitta* i.e. bleeding diathesis. It is one of the most commonly prescribed drug for chronic colitis, amoebic dysentery and colitis and bleeding piles.

Dosage

2-4 tsf; twice daily, after food with water.

Reference

Bhaishajya Ratnavali, *Atisaradhikar*

PARPATADYARISHTA

14

Ingredients

10 ml. *Parpatadyarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Parpata	<i>Fumaria indica</i>	Common fumitory	Whole plant	4 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	33 mg
Daruharidra	<i>Berberis aristata</i>	Indian berberry	Stem	33 mg
Devadaru	<i>Cedrus deodara</i>	Cedarwood	Bark	33 mg
Kantakari	<i>Solanum xanthocarpum</i>	Jaquin's night shade	Root	33 mg
Dhanvayasa	<i>Fagonia cretica</i>	Khorasan thorn	Leaf	33 mg
Chavya	<i>Piper chaba</i>	Java long pepper	Fruit	33 mg
Chitraka	<i>Plumbago zeylanicum</i>	Leadwort	Root	33 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	33 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	33 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	33 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	33 mg

Actions & Indications

Parpata has a bitter taste, pungent post digestive effect and has a cold potency. It alleviates *pitta* and *kapha doshas*. It has a diuretic, diaphoretic and antipyretic properties. It is beneficial in the diseases like fever, blood disorders, distaste, nausea and giddiness. It works well in the thirst, fever and burning sensation of the body, especially, due to vitiation of *pitta dosha*.

Parpata is highly praised as the herb of choice, next to *Mustaka*, for treating fever. It is one of the best bitter herbs. The bitter taste is the main one used in treating fevers. Vagbhata has admired *Parpata*, next to *Mustaka*, as the drug of choice for any type of fever.

The ingredients like *Parpata*, *Mustaka*, *Pippali*, *Dhanvayasa*, *Guduchi*, *Devadaru*, *Daruharidra* are all useful to alleviate the fever. *Parpatadyarishta* is the panacea for fever of *pitta-kapha* type. As

a whole, the formulation becomes helpful in pacifying the vitiated *pitta* and thus reduces the burning sensation of the body, eyes, hands and feet, especially due to aggravated *pitta*. It also reduces the excessive thirst, associated with fever. The ingredients like *Pippali*, *Shunthi*, *Maricha*, *Chavya* and *Chitraka* stoke *agni* well and mitigates the pathogenic factor of the fever. *Mustaka* digests the *ama* and hence opens up the subtle channels in the body (*srotasas*). The formulation also is useful in bleeding diathesis (*raktapitta*) and gout (*vatarakta*).

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

PUNARNAVADYARISHTA

15

Ingredients

10 ml. *Punarnavadyarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Punarnava	Boerhaavia diffusa	Spreading hogweed	Root	60 mg
Swetachandana	Santalum album	White sandalwood	Wood	60 mg
Bala	Sida cordifolia	Country mallow	Root	60 mg
Atibala	Abutilon indicum	Country mallow	Root	60 mg
Patha	Cissampelos pareira	False pareira brava	Root	60 mg
Vasa	Adhatoda vasica	Malabar nut	Root	60 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	60 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	60 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	60 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	10 mg
Bruhatela	Amomum subulatum	Greater cardamom	Fruit	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg

Actions & Indications

Sanskrit word *Punarnava* denotes, one which renews the body, that it brings back the youth. The plant *Punarnava* is categorised as antitussive, diuretic, litholytic, rejuvenative, especially to urinary system. It is pungent, bitter and astringent in taste, pungent in the post digestive effect and has hot potency. It alleviates all the three *doshas*.

Punarnava by itself, is the most commonly used and the best herb to alleviate swelling due to its potent diuretic property. As aptly described as a rejuvenative to urinary system, it boosts up the filtration, rejuvenates the renal functions and takes out the excessive accumulated fluids and *kleda* by augmenting the urinary output. Hence, it becomes the choicest herb in the treatment of anasarca, ascites, nephrotic syndrome, congestive cardiac failure, anaemia and swollen joints in rheumatism.

Punarnavadyarishta is beneficial in oedema of *kapha* origin. It also works well as a mild laxative and antitussive. Ingredients like *Vasa*, *Kantakari* help in the mucolytic activity as they are bronchodilators. Hence, it becomes salutary in asthma, chronic bronchitis, bronchiectasis, where blocked phlegm troubles the patient. The ingredients like *Chitraka*, *Maricha*, *Nagakeshara*, along with *Punarnava*, stoke *agni* well. The formulation is also used in anasarca, ascites, splenomegaly, anaemia, anorexia, obstinate urinary disorders, diabetes, hiccup and dermatoses.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali

ROHITAKARISHTA

16

Ingredients10 ml. *Rohitakarishtha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rohitaka	Tecomella undulata	—	Bark	2 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	20 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	20 mg
Amalaki	Embllica officinalis	Emblic myrobalan	Fruit	20 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Pippalimula	Piper longum	Long pepper root	Root	20 mg
Chavya	Piper chaba	Java long pepper	Fruit	20 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	20 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	20 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	20 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	20 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	20 mg

Actions & Indications

Rohitaka is one of the well-known herb for treating the afflictions of spleen. Ayurvedic scripts have mentioned its synonyms as *Plihari*, *Plihashatru* and *Plihashghna* meaning, one which alleviates the splenic diseases. It is pungent, asringent and bitter in taste, pungent in the post digestive effect and has hot potency. It alleviates *kapha* and *pitta doshas*. It has a special potency (*prabhava*) as *bhedana* (accumulation breaking herb), *plihaskochaka* (contracts the spleen) and as a *bhutapidanashaka* (averts the evil powers). It is recommended in diseases like ascites, liver and splenic disorders, abdominal pain, tumours, obesity, flatulence and blood disorders.

In ascites, there is low *agni* i.e. anorexia, constipation and oedema on feet. According to Ayurveda, *agnimandya* i.e. low *agni* is the basic causative factor of ascites. Many a times, ascites

is associated with hepatosplenomegaly, anaemia and low grade fever. In such condition, *Rohitakarishtha* is extremely beneficial. Other ingredients like *Panchakola* i.e. *Pippali*, *Pippalimula*, *Chavya*, *Chitraka* and *Shunthi*, along with *Trijata* i.e. *Tvak*, *Ela* and *Tamalpatra* enhance the *agni* and boost up the appetite. In ascites, the purgatives are recommended, where *Triphala* i.e. *Haritaki*, *Bibhitaka* and *Amalaki* fulfils the requirement. *Rohitaka* being a hot potency herb and *lekhana* substance – a reducing herb, helps to curb the growth of tumours.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 4, F. 5970
Shamgadhar Samhita A-10

SARASWATARISHTA 17

Ingredients

10 ml. *Saraswatarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Brahmi	Bacopa monnieri	Thyme leaved gratiola	Whole	2.5 mg
Shatavari	Asparagus recemosus	Asparagus	Root	250 mg
Vidari	Ipomoea digitata	French honey suckle tubers	Rhimome	250 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	250 mg
Mishreya	Foeniculum vulgare	Fennel	Seed	250 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	250 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	250 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	250 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	250 mg
Renuka	Vitex agnus castus	—	Seed	50 mg
Trivruta	Operculina turpethum	Indian jalap	Root	50 mg
Kushtha	Alpinia galanga	Greater galangal	Root	50 mg
Pippali	Piper longum	Long pepper	Fruit	25 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	25 mg
Bruhatela	Ammomum subulatum	Greater cardamom	Fruit	25 mg
Ushira	Vetivaria zizanoïdes	Cuscut grass	Root	25 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	25 mg
Lavanga	Caryophyllus aromaticus	Clove	Oil	.001 ml
Tvak	Cinnamomum zeylanicum	Cinnamon	Oil	.001 ml
Mishreya	Foeniculum vulgare	Fennel seed	Oil	.001 ml

Actions & Indications

First the decoction of *Brahmi*, *Ushira*, *Shatavari*, *Vidarikanda*, *Haritaki*, *Mishreya* and *Shunthi* is prepared. The honey, *Dhataki* flowers and all other ingredients are then added to it. The whole preparation is stored for fermentation and then used.

Brahmi is highly esteemed by Ayurvedic

scriptures to be the best rejuvenative to nervous system (*majjadhatu rasayana*). It is mentioned to be a keen stimulant for memory (*smruti*), intelligence (*buddhi*) and a booster for longevity (*ayushya vardhaka*). Vagbhata places it as a drug of choice in epilepsy. (Ashtanga Hridaya, *Uttara sthana*, A-40, 46/58). Moreover, the preparation

consists of herbs like *Shatavari*, *Vidari*, *Ashwagandha*, *Vacha* and *Kushtha* which are nervine (*medhya rasayana*), which boost the effects of *Brahmi*.

Ayurvedic scriptures of materia medica mention to prepare this formulation in a golden vessel. It indicates that the effects of gold work well as an additive. *Saraswatarishta* is a boon to the patients of epilepsy, as it decreases the frequency, duration and intensity of the seizures

and improve the memory and reduces mental debility. It is also beneficial in hysteria. It is benevolent to slow learners and is salutary to enhance the intelligent quotient (I.Q.)

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali

VIDANGARISHTA 18

Ingredients

10 ml. *Vidangarishta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vidanga	<i>Embelia ribes</i>	Bidanga	Fruit	800mg
Pippalimula	<i>Piper longum radix</i>	Long pepper root	Root	200 mg
Rasna	<i>Vanda roxburghii</i>	—	Root	200 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchi bark	Seed	200 mg
Patha	<i>Cyclea peltata</i>	Velvet leaf	Root	200 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	200 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark oil	.001ml
Tamalpatra	<i>Cinnamomum tamala</i>	Cassia leaf	Leaf	10 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	10 mg
Priyangu	<i>Callicarpa macrophylla</i>	—	Flower	10 mg
Kanchanara	<i>Bauhinia variegata</i>	—	Bark	200 mg
Lodhra	<i>Symplocos racemosa</i>	Lodh	Bark	200 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	10 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	10 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	10 mg

Actions & Indications

Vidangarishta is the most commonly used formulation for treating the intestinal worm infestations. It does not act by deworming, but prevents the genesis of worms. According to Ayurvedic principles, low *agni* is the root cause for intestinal worm infestations.

The ingredients like *Indrayava* (*Kutaja* seed), *Rasna*, *Pippalimula* are predominantly bitter, hence stoke *agni*. Ingredients like *Tamalpatra*, *Tvak*, *Priyangu*, *Ela*, *Shunthi*, *Maricha* and *Pippali*, enhance the *agni* and improve the digestion.

Vidanga is pungent in taste and post digestive effect and has hot potency. It alleviates *vata* and

kapha doshas. It is a potent anthelmintic, digestant and is useful in gastro-intestinal disorders like flatulence, abdominal pain and worms. *Vidangarishta* is an effective panacea for round worms, thread worms and hook worms. It is more useful as a preventive one, to curb the recurrence of worm infestations.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali

QUATHA – DECOCTION

Decoction is the common most preparation, used for home remedies in India. It is an effective recipe as most of the times fresh herbs are used. But as it is not stable, compared to *asava* and *arishta*, it has to be used within a day. To increase their stability, now a days, preservatives are added and then marketed.

As a general rule for decoction, the drugs or plant material is cut into small pieces or pounded, if necessary. One part of the vegetable substances should be boiled, on a slow flame, in sixteen parts of water till only one fourth of it remains in the vessel. The liquid should be strained and used as a decoction. When the decoction is made of dry plant parts, eight parts of water may be used.

A moderate decoction, requiring less time, can be made by boiling the herbs until half the water is left. A weak decoction takes even less time to prepare since three-quarters of water is left.

The decoction method is most suitable for harder portions of plant e.g. roots, stems, bark, fruit, as they require longer cooking to release their essence.

Decoctions are administered with vehicles (*anupana*) like salt, sugar, honey, treacle, alkaline ashes, ghee, oil or some medicinal powders as per the need. The average dose of decoction is 15-30 ml. 3 times a day.

A decoction should be rejected when it assumes a dark, blue or red colour, when it becomes thick, slimy or weak, when it is over-boiled and when it emits a raw or rotten fleshy smell. The odour of the decoction should be of the nature of the drugs used, and its appearance pure and lustrous.

QUATHA

DECOCTION

ASANADI QUATHA

1

Ingredients

10 ml. *Asanadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Asana	<i>Pterocarpus marsupium</i>	Indian kino	Heartwood	100 mg
Puga	<i>Areca catechu</i>	Betel nut	Fruit	100 mg
Lodhra	<i>Symplocos rasemosa</i>	Lodhra	Bark	100 mg
Arjuna	<i>Terminalia arjuna</i>	Arjuna myrobalan	Bark	100 mg
Karanja	<i>Pongamia glabra</i>	Indian beech	Bark	100 mg
Khadira	<i>Acacia catechu</i>	Catechu	Bark	100 mg
Shinshipa	<i>Dalbergia latifolia</i>	Rose wood	Bark	100 mg
Chandana	<i>Santalum album</i>	Sandalwood	Heartwood	100 mg
Raktachandana	<i>Pterocarpus santalinus</i>	Red sandalwood	Heartwood	100 mg
Palasha	<i>Butea frondosa</i>	Bastard teak	Bark	100 mg
Shaka	<i>Tectona grandis</i>	Teakwood	Bark	100 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchiseed	Seed	100 mg

Actions & Indications

Asanadi quatha is one of the best remedy for diabetes mellitus. In diabetes mellitus (*madhumeha*), according to Ayurvedic postulates, accumulation of *kleda* in excess, is the aetiopathogenic factor. This leads to disturb the proper formation of body tissues (*dhatu*), aggravation of *vata* and *ojakshaya* i.e. depletion of the quintessence and causes the signs and symptoms of *madhumeha* i.e. diabetes mellitus. Hence, first and foremost to abate the excessive accumulation of *kleda*, is essential. It can be achieved by astringent substances.

The ingredients of *Asanadi quatha*, nearly all of them, are predominant in the astringent taste. *Asana* or *Bijaka* (also *Vijayasara*), the chief

ingredient, is astringent and bitter in taste, pungent in post digestive effect and has a cold potency. The heartwood of *Asana* has a potent antidiabetic property as it reduces the *kleda* and also the urinary output. In many diabetics, the afflictions of the skin are very common. The herbs like *Shinshipa*, *Karanja*, *Khadira*, *Asana* are very effective as antidermatoses. They dry up the wounds and boost the wound healing in diabetes.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

BALANT KADHA NO. 1**2****Ingredients**

10 ml. *Balant kadha* no. 1 contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shalaparni	Desmodium gangeticum	—	Root	100 mg
Prushniparni	Uraria picta	Sweet smelling harefoot	Root	100 mg
Kantakari	Solanum xanthocarpum	Jaquins night shade	Root	100 mg
Bruhati	Solanum indicum	Yellow night shade	Root	100 mg
Gokshura	Tribulus terrestris	Land caltrops	Root	100 mg
Bilva	Aegle marmelos	Bael	Root	100 mg
Agnimantha	Clerodendron phlomoidis	Jerusalem sage	Root	100 mg
Patala	Stereospermum saueolens	Yellow flowered fragrant trumpet	Root	100 mg
Tintuka	Oroxylum indicum	Indian trumpet flower	Root	100 mg
Gambhari	Gmelina arborea	Cashmere tree	Root	100 mg
Draksha	Vitis vinifera	Raisins	Raisin	100 mg
Dhataki	Woodfordia floribunda	Fire flame bush	Flower	400 mg
Koshtha	Alpinia galanga	Greater galangal	Root	20 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	20 mg

Actions & Indications

The word '*Balant*' in local language (marathi) denotes the use of formulation during post-partum period. The word '*Kadha*' means quath or decoction. Though the formulation is categorised in decoctions, it is prepared like *asava* and *arishta*, wherein fermentation takes place. Three types of *Balant kadha* viz. no.1, 2 and 3 are available in the market, specified to be used during first 10 days after delivery, 10 to 30 days and from 2nd month to 4th month, respectively.

Balant kadha no.1 is recommended during first ten days of post-partum period. After delivery, there is tremendous strain and weakness during first ten days. *Vata* is aggravated during this period. *Balant kadha* no.1. consists of *Dashmulas* (ten roots), which are well known to pacify *vata*

dosha. (See *Dashamularishta*). Moreover, ingredients like *Pippali*, *Koshtha*, *Jatamansi* augment this action, as they alleviate *vata*. *Koshtha* and *Pippali* help to boost the involution of uterus.

Dashamulas help to reduce the bodyache as they pacify the *vata dosha*. Also they reduce the fever, flatulence, oedema, anorexia and help the quick recovery of the nursing mother. *Jatamansi* imparts a soothing effect to the mind and helps to induce the natural sleep.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

BALANT KADHA NO. 2**3****Ingredients**10 ml. *Balant kadha* no. 2 contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Deodaru	<i>Cedrus deodara</i>	Cedarwood	Bark	100 mg
Vasa	<i>Adhatoda vasica</i>	Malabar nut	Root	100 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchi seeds	Seed	100 mg
Danti	<i>Baliospermum montanum</i>	—	Root	100 mg
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	100 mg
Haridra	<i>Curcuma longa</i>	Turmeric	Rhizome	100 mg
Daruharidra	<i>Berberis aristata</i>	Indian berberry	Stem	100 mg
Rasna	<i>Pluchea lanceolata</i>	—	Root	100 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	100 mg
Vidanga	<i>Embelia ribes</i>	Bidanga	Fruit	100 mg
Khadira	<i>Acacia catechu</i>	Catechu	Bark	100 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	100 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	100 mg
Ajamoda	<i>Carum copticum</i>	Ajowan	Seed	100 mg
Katuka	<i>Picrorrhiza kurroa</i>	Hellebore	Root	100 mg
Shirish	<i>Albizia lebbek</i>	—	Root	10 mg
Tagara	<i>Valeriana wallichii</i>	Indian valerian	Root	10 mg
Swetachandana	<i>Santalum album</i>	White sandalwood	Wood	10 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	10 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	10 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	10 mg
Bruhatela	<i>Amomum subulatum</i>	Greater cardamom	Fruit	10 mg
Tvak	<i>Cinnamomum zeylanica</i>	Cinnamon oil	Bark oil	.001 ml

Actions & Indications

This formulation is beneficial during 10th to 30th days of postpartum period. During this period, the main desired therapeutic actions like promoting uterine contraction and helping the involution process, galactagogue and lacto-depurant are desired.

Ingredients like *Haridra*, *Daruharidra*, *Chitraka* and *Tagara* boost the uterine involution and also cleansing the uterine cavity (*garbhashaya shodhana*). *Pippali* and *Mustaka* impart additive effect. During this period, proper lactation is of prime importance. Insufficient lactation or

inflammatory conditions of breast like mastitis etc. are the common most ailments. The ingredients like *Manjishtha*, *Katuka*, *Mustaka*, *Haridra* and *Daruharidra* help to improve the lactation and augment the breast milk of a nursing mother and also alleviate the inflammation.

Pippali, *Ela*, *Tvak*, *Nagakeshara* stoke the *agni* and improve the appetite and promote digestion.

Devadaru, *Rasna*, *Vidanga* etc. alleviate *vata dosha*.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

BALANT KADHA NO. 3**4****Ingredients**

10 ml. *Balant kadha* no. 3 contains approx. :

Sanskrit	Quantity
Lohasava	7 ml
Ashwagandharishta	1.5 ml
Arjunarishta	1.5 ml

Actions & Indications

Balant kadha no. 3 is a mixture of three formulations viz. *Lohasava*, *Ashwagandharishta* and *Arjunarishta* (see separately, three formulations). After completing the first month of postpartum period, this formulation is recommended for 3-4 months duration. After one month, the lactation is proper and involution of uterus is in progress. During this period, *balya* (anabolic) substances are required to the nursing mother.

Lohasava is one of the best panacea for anaemia. As it consists the *loha* (iron) as a supplement, it augments the haemoglobin percentile and corrects the anaemia. *Triphala* alleviates the constipation, which is commonly due to iron compound, and eases the problem. *Shunthi*, *Maricha*, *Pippali* and *Chitraka* stoke the *agni* well and also improve *dhatvagni*. As a whole, *Lohasava* works well to improve the haemoglobin percentage.

Ashwagandharishta mainly alleviates *vata* and imparts the *balya* action. It augments and

nourishes all body tissues and help pacifying *vata*. Being a weak diuretic, it eliminates the fluid retention in the body and alleviates the oedema. It is extremely beneficial, especially, to nourish the *mamsa dhatu* (muscle tissue) and imparts the rejuvenative action as well.

Arjunarishta tones up the cardiac activity. It strengthens the musculature of heart and increases the ventricular contraction. It improves the general circulation and alleviates the cardiac debility. It also curbs the bleeding per vagina and mitigates leucorrhoea. It helps to recover earlier and alleviates the general debility. *Balant kadha* no. 3 as a whole, because of these three formulations, recoups earlier.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

BHALLATAKADI QUATHA

5

Ingredients

10 ml. *Bhallatakadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bhallataka	<i>Semecarpus anacardium</i>	Marking nut	Fruit	100 mg
Guduchi	<i>Tinospora cordifolia</i>	—	Stem	100 mg
Punarnava	<i>Boerhaavia diffusa</i>	Hogweed	Root	100 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	100 mg
Devadaru	<i>Cidrus deodara</i>	Cedarwood	Bark	100 mg
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	100 mg
Dashamula	—	Ten roots	Roots	100 mg

Actions & Indications

Bhallataka is one of the best, versatile and most commonly used herb, by itself, as a household remedy. It is extremely heat generating, appetiser, digestant, rejuvenative herb and alleviates the skin and rheumatic disorders. It is sweet and astringent in taste, sweet in the post digestive effect and has hot potency. It possesses light, unctuous, sharp and hot attributes. It alleviates *kapha* and *vata doshas*, but aggravates the *pitta dosha*. It is a highly esteemed herb for its *vata* alleviating property. The common most symptom pain is due to aggravation of *vata's* cold and dry attributes. *Bhallataka* being sharp, hot and unctuous, effectively alleviates *vata dosha*.

Bhallatakadi quatha is one of the best panacea for *vata* disorders associated with pain like sciatica, brachial neuralgia, rheumatoid arthritis,

osteoarthritis, cervical spondylitis etc. Other ingredients like *Guduchi*, *Devadaru*, *Shunthi*, *Punarnava* and *Dashamula* are all potent *vata* alleviators. They impart additive effect and promptly mitigate pain. The formulation is of great use in piles of *vata* and *kapha* types; as it augments the *agni*. It is contraindicated in bleeding piles. *Bhallataka* being astringent, works well in diarrhoea and colitis.

Caution : Use sparingly in pitta constitution and individuals allergic to *Bhallataka*.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

BHUNIMBADI QUATHA

6

Ingredients

10 ml. *Bhunimbadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bhunimba	Swertia chirata	Chiretta	Whole plant	100 mg
Nimba	Azadirachta indica	Margosa bark	Bark	100 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	100 mg
Bibhitaki	Terminalia belerica	Beleric myrobalan	Fruit	100 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	100 mg
Patola	Trichosanthes dioica	Pointed gourd	Whole plant	100 mg
Vasa	Adhatoda vasica	Adhatoda	Root	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Parpata	Fumaria indica	Common fumitory	Whole plant	100 mg
Bhringaraja	Eclipta alba	—	Whole plant	100 mg

Actions & Indications

Bhunimbadi quatha is an outstanding remedy for *amlapitta*. Acid-peptic diseases are frequently sought in day to day practice. According to Ayurvedic postulates, vitiation of all the three *doshas* leads to *agnimandya* i.e. low *agni*. In spite of low *agni*, if diet consists of spicy food, incompatible food and improper intake of food by quality and quantity with irregularity, leads to vitiation of *pitta dosha* and hyperacidity results. Further it lands into chronicity creating inflammations and ulcers (*amashaya akshobha* and *amashaya adushti*).

Common symptoms in acid-peptic disease are indigestion, epigastric pain, nausea, vomiting, flatulence, heartburn and in chronic cases due to anorexia, weight loss is seen. The mental stress is thought to be one of the contributing aetiological factor.

Bhunimbadi quatha is a comprehensive formulation, which mitigates the aetiopathogenic factors. Ingredients like *Bhunimba* (*Kiratatikta*), *Nimba*, *Triphala*, *Parpata*, *Patola* alleviate *kapha* and *pitta doshas*. The decoction of *Bhunimba* impart laxative action and relieves constipation. Vitiation of *pitta* causes dermatological manifestations like urticaria. *Guduchi*, *Parpata*, *Vasa* and *Triphala* mitigate the vitiation of *pitta* as well as *rakta* and hence curb the dermatoses. *Bhringaraja* digests the *ama* and *Guduchi* works well as a general tonic and alleviates debility due to vomiting. *Parpata* effectively relieves nausea and giddiness.

Dosage

2-4 tsf; twice a day, after food with honey.

Reference

Yoga Ratnakara, *Amlapitta*

DASHAMULA QUATHA

7

Ingredients

10 ml. *Dashamula quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bruhati	<i>Solanum indicum</i>	Night shade	Root	100 mg
Shalaparni	<i>Desmodium gangeticum</i>	—	Root	100 mg
Prushniparni	<i>Uraria picta</i>	Sweet smelling harefoot	Root	100 mg
Kantakari	<i>Solanum xanthocarpum</i>	Jaquin's night shade	Root	100 mg
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	100 mg
Bilva	<i>Aegle marmelos</i>	Bael	Root	100 mg
Agnimantha	<i>Clerodendron phlomoides</i>	Jerusalem sage	Root	100 mg
Patala	<i>Stereospermum saueolens</i>	Yellow flowered fragrant trumpet	Root	100 mg
Gambhari	<i>Gmelina orborea</i>	Cashmere tree	Root	100 mg
Tintuka	<i>Oroxylum indicum</i>	Indian trumpet flower	Root	100 mg

Actions & Indications

The Sanskrit word '*Dashamula*' means ten (*dasha*) roots (*mula*). This is a combination of five roots from big trees and five roots from shrubs. They are termed as '*Brihad panchamula*' and '*Laghu panchamula*', respectively. The former alleviate *vata* and *kapha doshas*, whereas the latter alleviate *vata* and *pitta doshas*. All ten roots together, alleviate all the three *doshas*. They predominantly alleviate *vata dosha* and digest the *ama*.

Dashamula quatha is recommended in diseases like asthma, fever, cough, fever, oedema, pleurisy, flatulence, dyspepsia, anorexia and especially in *vata* disorders. The diseases due to aggravation of *vata dosha* are many a times associated with pain. In sciatica, arthritis, gout,

cervical and lumbar spondylosis, this formulation relieves the pain with great benefit. In tremors, esp. in Parkinson's diseases, *Dashamula quatha* respond well. As it is a potent alleviator of *vata*, it works well in flatulent dyspepsia. It is one of the best preparation used in puerperal diseases. *Basti* (enema) is given with *Dashamula quatha* in constipation.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Vangsen Samhita, *Stree Roga*;
Gada Nigraha, *Sutika Roga*

DEVADARVYADI QUATHA

8

Ingredients10 ml. *Devadarvyadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Devadaru	Cedrus deodara	Cedarwood	Bark	1.66 gm
Vasa	Adhatoda vasica	Malabar nut	Root	666 mg
Indrayava	Holarrhena antidysenterica	Kurchi seeds	Seed	333 mg
Dantimula	Baliospermum montanum	—	Root	333 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	333 mg
Tagara	Valeriana wallichii	Indian valerian	Root	333 mg
Haridra	Curcuma longa	Turmeric	Rhizome	333 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	333 mg
Rasna	Pluchea lanceolata	—	Root	333 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	333 mg
Shirisha	Albizzia lebeck	—	Root	333 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	333 mg
Khadira	Acacia catechu	Cutch tree	Bark	333 mg
Arjuna	Terminalia arjuna	Arjuna	Bark	166 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	166 mg
Chandana	Santalum album	White sandalwood	Wood	166 mg
Chitraka	Plumbago zeylanicum	Leadwort	Root	166 mg
Ajamoda	Carum copicum	Ajowan	Seed	166 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	166 mg
Kutajvak	Holarrhena antidysenterica	Kurchi bark	Bark	166 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	44.25 mg
Ela	Elettaria cardamomum	Lesser cardamon	Fruit	44.25 mg
Tamalapatra	Cinnamomum tamala	Casia leaf	Leaf	44.25 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	22.10 mg
Pippali	Piper longum	Long pepper	Fruit	22.10 mg
Maricha	Piper nigrum	Black pepper	Fruit	22.10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	66.4 mg
Priyangu	Callicarpa macrophylla	—	Flower	66.4 mg

Actions & Indications

It is also called as '*Darvyadi kadha*'. This formulation consists of all *vata* alleviating herbs, hence, becomes a potent remedy for *vata* diseases. Specially, *vata* disorders associated with pain are treated, with great benefit. The joint afflictions with oedema respond very well to this composition. It is an excellent panacea for osteoarthritis, gout, rheumatoid arthritis and tubercular arthritis as well. It relieves the swelling and pain very promptly. It is also benevolent in sciatic pain and headache.

As it contains ingredients like *Mustaka*, *Jiraka*, *Gokshura* and *Dhanvayasa* in proprietary formulation, they help reducing the oedema, as

they are diuretic. *Devadaru*, *Pippali*, *Jatiphala*, *Vasa*, *Vidanga*, *Shunthi*, *Maricha* alleviate *kapha dosha* and thus it works well in cough with phlegm. The ingredients like *Guduchi*, *Indrayava*, *Chandana*, *Rasna*, *Kutaja*, *Katuka* alleviate fever. The formulation is a good adjuvant for obesity and diabetes.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Charaka Samhita, *Chikitsa Sthana*, A - 5

DURALABHADI QUATHA

9

Ingredients

10 ml. *Duralabhadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Dhanvayasa	Fagonia arabica	Khorasan thorn	Leaf	100 mg
Parpata	Fumaria parviflora	Common fumitory	Whole plant	100 mg
Priyangu	Callicarpa macrophylla	—	Flower	100 mg
Kiratatikta	Swertia chirata	Chirata	Whole plant	100 mg
Vasa	Adhatoda vasica	Malabar nut	Root	100 mg
Katuka	Picrorrhiza kurroa	Hellbore	Root	100 mg

Actions & Indications

The Sanskrit word '*Duralabha*' denotes that the plant is full of thorns, which is difficult to collect. *Dhanvayasa* is its synonym. *Dhanvayasa* is one of the best *vata-pitta* alleviator. It is one of the choicest herb in the treatment of hypertension. Due to vitiation of *pitta dosha*, there is an obstruction in the subtle channels to *vata* which causes hypertension. Thus, first and foremost the vitiation of *pitta dosha* has to be taken care of, which is done by *Dhanvayasa* very effectively. *Duralabha quatha* abates the bleeding disorders effectively.

Other ingredients like *Parpata*, *Vasa*, *Katuka* impart the additive effect to alleviate *pitta*. Along with *pitta*, the vitiation of blood is also curbed by *Katuka*, which works well as a laxative and cholegogue. *Priyangu* helps to pacify the burning sensation of the body, alleviates the fever and reduces the excessive thirst due to fever. It works

well to abate the blood disorders, caused by vitiation of *pitta dosha*.

Dhanvayasa (i.e. *Duralabha*) has a diuretic property also. It effectively minimises the burning sensation in the urinary tract and alleviates dysuria. It curtails the giddiness and nausea caused due to aggravation of *pitta*. *Parpata* imparts the additive effects to it. All the ingredients in this formulation have a bitter taste and cold potency, hence they mitigate the vitiated *pitta dosha*, very effectively.

Dosage

2-4 tsf; twice a day, after food with water and sugar .

Reference

Brihat Yoga Tarangini

MANJISHTHADI QUATHA

10

Ingredients

10 ml. *Manjishthadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	100 mg
Bakuchi	<i>Psoralea corilifolia</i>	Psoralea seeds	Seed	100 mg
Nimba	<i>Azadirachta indica</i>	Margosa	Root	100 mg
Agnimantha	<i>Clerodendron phlomoides</i>	Jerusalem sage	Root	100 mg
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	100 mg
Daruharidra	<i>Berberis aristata</i>	Indian berberry	Stem	100 mg
Amalaki	<i>Emblica officinalis</i>	Emblic myrobalan	Fruit	100 mg
Vasa	<i>Adhatoda vasica</i>	Malabar nut	Root	100 mg
Shatavari	<i>Asparagus recemosus</i>	Asparagus	Rhizome	100 mg
Bala	<i>Sida cordifolia</i>	Country mallow	Root	100 mg
Gangeruki	<i>Grewia tenax</i>	—	Root	100 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Root	100 mg
Talimakhana	<i>Hygrophila spinosa</i>	—	Seed	100 mg
Patola	<i>Trichosanthes dioica</i>	Wild snake gourd	Root	100 mg
Ushira	<i>Vetiveria zizanioides</i>	Cuscut grass	Root	100 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	100 mg
Raktachandana	<i>Pterocarpus santalinus</i>	Red sandals	Heartwood	100 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	100 mg

Actions & Indications

Manjishtha was held in high esteem by ancient seges in the treatment of skin diseases and as a blood purifier. *Manjishthadi quatha* is widely used as a blood purifier. It acts mainly on *rakta* and *rasa srotasas*, alleviates the *kapha* and *pitta doshas* and eliminates toxins. This ameliorates the vitiation of *bhrajaka pitta* (*pitta* from the skin) and imparts better complexion. *Pitta dosha* and *rakta dhatu* are closely inter-related and hence, alleviation of *pitta dosha* mitigates the blood disorders on its own.

Ingredients like *Manjishtha*, *Yashtimadhu*, *Ushira*, *Vasa*, *Raktachandana* and *Parpata* are well known blood purifiers. The ingredients like *Bakuchi*, *Haritaki*, *Manjishtha*, *Amalaki*, *Daruharidra*, *Ushira*, *Nimba* and *Guduchi* are the most useful herbs in treating various skin disorders of varied aetiology. Many a times, itching is commonly associated in various dermatoses. The herbs like *Daruharidra*, *Tvak*, *Patola* and *Bakuchi* decrease the itching very effectively. The main therapeutics in treating *pitta* is purgation. *Bakuchi*, *Haritaki*,

Amalaki and *Patola* exert a mild laxative activity and pacify the *pitta dosha*. As a whole, majority of the ingredients have a cold potency and bitter taste, which alleviate *pitta* and impart healthy complexion to skin.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Kushthadhikar*

MAHAMANJISHTHADI QUATHA 11

Ingredients

10 ml. *Mahamanjishthadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	100 mg
Nimba	<i>Azadirachta indica</i>	Margosa tree	Root	100 mg
Vasa	<i>Adhatoda vasica</i>	Malabar nut	Root	100 mg
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruits	100 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruits	
Amalaki	<i>Embolica officinalis</i>	Emblc myrobalan	Fruits	
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	100 mg
Haridra	<i>Curcuma longa</i>	Turmeric	Rhizome	100 mg
Darvi	<i>Berberis aristata</i>	Indian berberry	Root	100 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	100 mg
Bhunimba	<i>Swertia chirayita</i>	Chiretta	Whole	100 mg
Raktachandana	<i>Pterocarpus santalinus</i>	Red sandals	Heartwood	100 mg
Khadira	<i>Acacia catechu</i>	Cutch	Bark	100 mg
Katuka	<i>Picrorrhiza kurroa</i>	Hellebore	Root	100 mg
Bakuchi	<i>Psoralea corylifolia</i>	Psoralea seed	Seed	100 mg
Amlavetas	<i>Garcinia Indica</i>	Malabar tamarind	Fruit	100 mg
Murva	<i>Clematis gouriana</i>	—	Root	100 mg
Danti	<i>Baliospermum montanum</i>	—	Root	100 mg
Indravaruni	<i>Citrullus colocynthis</i>	Colocynth	Fruit	100 mg
Vidanga	<i>Embelia ribes</i>	Embelia fruits	Fruit	100 mg
Jatamansi	<i>Nardostachys jatamansi</i>	Indian spikenard	Root	100 mg
Triyamana	<i>Gentiana kurro</i>	Indian gentian	Root	100 mg
Patha	<i>Cissampelos pareira</i>	False pareira brava	Root	100 mg
Trivruta	<i>Operculina turpethum</i>	Indian jalap	Root	100 mg
Anantamula	<i>Hemidesmus indicus</i>	Indian sarsaparilla	Root	100 mg
Patola	<i>Trichosanthes dioica</i>	Wild snake gourd	Whole	100 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	100 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	100 mg

Actions & Indications

There are many common ingredients in *Manjishthadi quatha* and *Mahamanjishthadi quatha*. Few more additions like *Haridra*, *Vidanga*, *Patola*, *Murva*, *Devadaru*, *Khadira*, *Chandana*, *Varuna*, *Bakuchi*, *Anantamula* etc., which are the versatile blood purifiers, make this formulation more potent.

Ingredients like *Khadira*, *Chandana*, *Haridra* help to dry off the oozing of secretions from the wounds. Hence, this composition works well in pus forming-infected lesions of the skin like boils, acne lesions with pustules etc.

Mahamanjishthadi quatha is the most common formulation used as a blood purifier and to alleviate various skin disorders of varied aetiology. It also relieves the itching caused due

to aggravation of *pitta dosha*. It works well as an adjunct in leucoderma, obesity and erysipelas.

A clinical trial has shown the statistically significant results in the treatment of mild to moderate grades of acne (pimples). ["Clinical evaluation of *Mahamanjishthadi quatha* and *Sukshma triphala* in the management of acne vulgaris," Prakash Paranjpe, Journal of N.I.M.A. Bombay, Oct 1995, PP 5-9.]

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 4, F. 4979

MAHARASNADI QUATHA 12

Ingredients

10 ml. *Maharasnadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rasna	Vanda roxburghii	—	Root	100 mg
Dhanvayasa	Fagonia cretica	Khorasan thorn	Whole	100 mg
Bala	Sida cordifolia	Country mallow	Root	100 mg
Eranda	Ricinus cummunis	Castor oil plant	Root	100 mg
Karchura	Curcuma zedoria	Zedoary	Rhizome	100 mg
Vasa	Adhatoda vasica	Malabar nut	Root	100 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	100 mg
Chavya	Piper chaba	Java long pepper	Fruit	100 mg
Punarnava	Boerhaavia diffusa	Spreading hogweed	Root	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Vruddhadaru	Argyrea speciosa	Elephant creepar	Root	100 mg
Mishreya	Foeniculum vulgare	Fennel seeds	Seed	100 mg
Gokshura	Tribulus terrestris	Land caltrops	Root	100 mg
Aragwadha	Cassia fistula	Purging cassia	Fruit	100 mg
Kurantaka	Barleria prionitis	—	Root	100 mg
Shatavari	Asparagus recemosus	Asparagus	Rhizome	100 mg
Kantakari	Solanum xanthocarpum	Jaquins night shade	Root	100 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	100 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	100 mg
Pippali	Piper longum	Long pepper	Fruit	100 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	100 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	100 mg
Dhanyaka	Coriandrum sativum	Coriander seeds	Seed	100 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	100 mg

Actions & Indications

Maharasnadi quatha is an incomparable formulation, beneficial in *vata* disorders. The aggravation of *vata* takes place either because of an obstruction in the subtle channels

(*srotorodha*) or by depletion of body tissues (*dhatvkshaya*). This formulation consists of ingredients like *Bala*, *Vruddhadaru*, *Ashwagandha*, *Shatavari*, *Mushtaka* which replenish the body

tissues and alleviate *vata*. Also, the formulation consists of ingredients which alleviate *vata* by opening the subtle body channels by relieving the obstruction. In this way, it is a unique composition, working on both the aetiological factors, causing aggravation of *vata dosha*.

Maharasnadi quatha is beneficial in treating *vata*, disorders of various types like osteoarthritis, rheumatoid arthritis, lumbago, spondylosis, sciatica, brachial neuralgia, facial palsy etc. It also

works well in puerperal diseases, flatulence, oedema, hemiplegia, paraplegia, cough, asthma and pain in thighs (*Urustambha*).

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhavaprakasha, *Urustambha*

MAHASUDARSHAN QUATHA 13

Ingredients

10 ml. *Mahasudarshan quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula,	Chebulic myrobalan	Fruits	40 mg
Bibhitaka	Terminalia belerica,	Beleric myrobalan	Fruits	
Amalaki	Embllica officinalis	Emblic myrobalan	Fruits	
Trikatu	Zingiber officinale, Piper longum, Piper nigrum	Three pungents	Rhizome and fruits	40 mg
Haridra	Curcuma longa	Turmeric	Rhizome	40 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	40 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	40 mg
Dhanvayasa	Fagonia arabica	Khorasan thorn	Whole	40 mg
Vidanga	Embellic ribes	Embelia fruits	Fruit	40 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	40 mg
Parpata	Fumaria indica	—	Whole	40 mg
Nimba	Azadirachta indica	Margosa	Bark	40 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	40 mg
Kutaja	Holarrhena antidysenterica	Kurchi	Bark	40 mg
Chitraka	Plumbago zeylanica	Indian leadwort	Root	40 mg
Ativisha	Aconitum heterophyllum	Atis	Root	40 mg
Bhunimba	Swertia chirata	Chiretta	Whole	40 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	40 mg
Ushira	Vetivaria zizanioides	Vetiver	Root	40 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	40 mg
Deodaru	Cedrus deodara	Cedarwood	Bark	40 mg

Actions & Indications

Mahasudarshan quatha is the common most remedy for fever. According to Ayurvedic concepts, in fever (*jvara*), aggravation of *doshas* esp. *pitta*, causes low *agni*, formation of *ama* and blockages in subtle channels which leads to blockages in *rasavaha* and *swedavaha srotasas*

causing increase in the body temperature because of aggravated *pitta dosha*, manifesting in fever.

Ingredients in this formulation are mainly bitter in the taste, which alleviate the aggravated *pitta dosha*. These ingredients viz. *Haridra*, *Guduchi*,

Nimba, Bhunimba, Parpata, Ativisha, Mustaka and *Ushira* augment the *agni* because of their bitter taste and increase the appetite. They also improve the taste sensation. The boosting of *agni* mitigates the formation of *ama* and help relieving the blockages in subtle channels (*srotorodha*). In this way, all these bitter herbs alleviate fever by abating the pathogenesis.

Many a times, cough is the common most symptom associated with fever. The ingredinets

viz. *Yashtimadhu, Kantakari, Pippali, Ativisha* and *Vacha* help to decimate the cough. The formulation is benevolent in fever with rigors, like malarial fever.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

PARIPATHADI KADHA

14

Ingredients

10 ml. *Paripathadi kadha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Indrayava	Holarrhena antidysenterica	Kurchi seeds	Seed	400 mg
Bhunimba	Swerita chirata	Chiretta	Whole plant	400 mg
Parpata	Fumaria indica	Common fumitory	Whole plant	400 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	400 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	20 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	20 mg

Actions & Indications

Paripatha is the synonym of *Parpata*. The word 'kadha' in local language (marathi) denotes the *quatha*. It is the common most formulation used for treating exanthematous fevers like measles and chickenpox. In these viral fevers, skin eruptions are the characteristic clinical features. In measles, the typical maculopapular rash initially occurs on the face and then rapidly spreads all over the body. After a week it fades out leaving a brownish discoloration with desquamation. In chickenpox VZV causes rapid progression of macules to papules to vesicles to pustules in a matter of hours. Fever subsides as soon as new lesions cease to appear. Eventually the pustules crust and heal without scarring. In both these types of skin eruptions *Paripathadi kadha* is extremely useful.

Because of aggravated *pitta dosha*, because of its hot attribute there is high fever and dryness in the skin. It causes intense itching. *Parpata*, the

chief ingredient, is bitter in the taste and has cold potency. It pacifies the *pitta dosha*, especially *bhrajaka pitta* i.e. *pitta* from the skin and lessens the intensity of skin eruptions. Other ingredients like *Bhunimba*, *Indrayava*, *Guduchi*, *Shunthi* and *Mustaka* help to alleviate fever. Moreover, *Mustaka* digests the *ama*. The herbs like *Bhunimba* exerts a mild laxative action and help alleviating *pitta dosha*.

Paripathadi kadha is one of the most popular remedy for exanthematous fevers like chicken-pox and measles. It is believed that it minimises the skin lesions.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

PUNARNAVADI KADHA

15

Ingredients

10 ml. *Punarnavadi kadha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Punarnava	Boerhaavia diffusa	Hogweed	Root	100 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	100 mg
Haridra	Curcuma longa	Turmeric	Rhizome	100 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	100 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	100 mg
Bharngi	Clerodendrum serratum	Beetle killer root	Root	100 mg

Actions & Indications

Punarnavadi kadha is a potent diuretic and a mild laxative preparation. It is the best panacea for the *kapha* type of oedema, which is commonly seen in pyelonephritis or pyelitis. The oedema is mainly on the face and around the eyes, especially, in the morning. The urinary output is decreased and albumin is passed through urine. Also, sometimes pus cells are observed in the urine. In such condition, *Punarnavadi kadha* works by augmenting the urinary output and to some extent controls the infection.

Ingredients like *Haridra*, *Daruharidra* and *Shunthi* being potent blood purifiers, improve the condition and urine becomes free from albumin and pus cells. The formulation is also extremely beneficial in oedema due to congestive cardiac

failure and anaemia. *Punarnava* augments the haemoglobin percentile in the blood and abates anaemia. Along with its diuretic and mild laxative properties, it also augments *agni*, improves the appetite and digestion. Hence, it is also of great help in ascites, wherein the *agni* is low, constipation and accumulation of body fluids in extraperitoneal cavity. *Shunthi*, *Chitraka* and *Bharngi* stoke *agni* well and potentiate the formulation.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

RASNADI QUATHA 16

Ingredients

10 ml. *Rasnadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rasna	Vanda roxburghii	—	Root	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	100 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	100 mg
Eranda	Ricinus communis	Castor oil plant	Root	100 mg

Actions & Indications

Rasnadi quatha is also called as *Rasnapanchak quatha* as it consists of five ingredients, including *Rasna*. This formulation is extremely useful in diseases of *vata*, caused by aggravation of *vata*, because of blockages in the subtle channels (*srotorodha*). *Rasna* has pungent and bitter tastes, pungent post digestive effect and has hot potency. It alleviates *kapha* and *vata doshas*. It works well as an anti-inflammatory (*vimlapana*) herb, hence Vagbhata has mentioned it as a drug of choice for *vata* diseases. It digests the *ama* (*amapachaka*) and clears off the blockages in the subtle channels and pacifies *vata dosha*.

The formulation is beneficial in *vata* disorders associated with pain. The cold attribute of *vata* when gets aggravated, aggravates *vata dosha* and causes pains. The hot attribute of *Rasna* mitigates

vata and relieves the pain. All other ingredients like *Guduchi*, *Devadaru*, *Shunthi* and *Eranda* are potent anti-*vata* herbs.

Rasnadi quatha is an excellent panacea for osteoarthritis, rheumatoid arthritis, lumbago, brachial neuralgia, gout and cervical spondylosis, associated with pain. *Guduchi* and *Shunthi* are the blood purifiers, hence work well in gout also. The formulation can be used in absence of pain also, with great benefit. *Rasnadi quatha* is effective in sprains and strains also.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Amavata*

RASNASAPTAK QUATHA

17

Ingredients

10 ml. *Rasnasaptak quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rasna	Vanda roxburghii	—	Root	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	100 mg
Gokshura	Tribulus terrestris	Small caltrops	Root	100 mg
Eranda	Ricinus communis	Castor oil plant	Root	100 mg
Punarnava	Boerhaavia diffusa	Hogweed	Root	100 mg
Aragvadha	Cassia fistula	Indian laburnum	Fruit	100 mg

Actions & Indications

Rasnasaptak means it consists seven ingredients, including *Rasna*. In *Rasnapanchak* and *Rasnasaptak*, the herbs *Rasna*, *Guduchi*, *Devadaru* and *Eranda* are common. In *Rasnasaptak kadha*, instead of *Shunthi*; *Aragvadha*, *Gokshura* and *Punarnava* are added. *Shunthi* works as an astringent, whereas *Aragvadha*, *Punarnava* and *Gokshura* are mild laxatives.

Hence, this formulation becomes more useful in patients of *vata* disorders, associated with constipation. Like *Rasnapanchak kadha*, this formulation is also recommended in *vata* diseases caused by obstruction in the subtle channels of the body (*srotorodha*). Both the formulations are useful in aggravation of *vata* because of *srotorodha*, and not due to tissue depletion (*dhatukshinata*).

Rasnasaptak quatha is benevolent in *vata* diseases associated with pain viz. osteoarthritis, rheumatoid arthritis, lumbago, brachial neuralgia, cervical spondylosis etc. It also works well in the gout as the formulation consists *Guduchi*, a potent blood purifier. *Gokshura* and *Punarnava* being diuretic in properties, help to relieve the oedema with great benefit. It is one of the best remedy for lowback pain.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Amavata*

TIKTAPANCHAKA QUATHA

18

Ingredients

10 ml. *Tiktapanchaka quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	100 mg
Patola	<i>Trichosanthes dioica</i>	Wild snakegourd	Fruit	100 mg
Nimba	<i>Azadirachta indica</i>	Neem	Bark	100 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchi seed	Seed	100 mg
Kiratatikta	<i>Swertia chirata</i>	Chiretta	Whole plant	100 mg

Actions & Indications

The Sanskrit word *Tikta* means bitter and 'Panchaka' denotes five. This formulation consists of five bitter herbs, hence the name. *Guduchi*, *Patola*, *Nimba*, *Indrayava* (*Kutaja* seed) and *Kiratatikta* are all extremely bitter five herbs. Thus this formulation becomes the choicest remedy for fever.

In fever (*jvara*), according to Ayurvedic postulates, aggravation of all the three *doshas* caused by improper diet and behaviour disturbs the stomach and small intestines. It causes low *agni* and impairs digestion, hence produces *ama*. *Ama* causes blockages in subtle channels (*srotorodha*) which causes vitiation of *doshas* and further, the vicious cycle continues. As a whole, the obstruction in the bile secretion occurs and *pitta* gets spread through *rasa dhatu* all over the body. Because of *ama*, especially, the subtle channels of *rasa* and *swedavaha srotasas* get blocked and amplify the heat of *pitta dosha*. Hence, in fever the main part of treatment is to treat aggravated *pitta*.

The bitter taste is predominant in air and ether *mahabhutas* and is cooling, light and dry. It alleviates *pitta* and *kapha* but aggravates *vata*. The sweet and astringent taste also alleviate *pitta*, but as they are heavy, in fever the bitter taste is preferred as it is light or easy to digest. The bitter taste augments *agni*, improves taste and improves digestion. The bitter taste augments *agni*, improves taste and works well to reduce fever, *pitta*, toxins (*ama*) and fat from the body. Bitter taste reduces fevers, is anti-inflammatory, antibacterial, germicidal and detoxifying, hence *Tiktapanchaka quatha* is the drug of choice in fevers.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Proprietary

VARUNADI QUATHA

19

Ingredients

10 ml. *Varunadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Varuna	<i>Cretaevea nurvala</i>	Three leaved caper	Bark	400 mg
Pashanabheda	<i>Saxifraga ligulata</i>	—	Root	400 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	400 mg
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	400 mg

Actions & Indications

Sushruta has mentioned *Varuna* i.e. *Vayavarna* as a litholytic herb in treating *kapha* and *vata* varieties of urinary stones (*Ashmari*). *Varuna* is bitter, astringent and sweet in taste, pungent in post digestive effect and has hot potency. It alleviates *kapha* and *vata doshas*, but aggravates *pitta dosha*. It has a special potency (*prabhava*) as litholytic herb (*ashmarighna*), because of its *bhedana* (accumulation breaking) property. It also works well as blood purifier. *Varuna* also exerts a diuretic effect and hence is extremely beneficial in urolithiasis (urinary stones) and crystalluria. It helps in cystitis, dysuria and burning micturition.

Other ingredients like *Pashanabheda* and *Gokshura* also possess the similar properties to that of *Varuna* and impart an additive effect. *Shunthi* being a *vata* alleviator is useful to alleviate the abdominal pain, which is many a times associated in urinary calculi. *Varuna*, along with

its litholytic and diuretic properties, also imparts urinary antiseptic activity. *Varunadi quatha* can also be of great help in benign enlargement of the prostate gland.

Varunadi quatha is one of the ultimate remedy for urinary stones. When urinary stones are of big size, it is of not much use, as many a times, the surgical intervention is required. But it helps, in such cases, after surgical removal of the urinary stones, to prevent the recurrence of stone formation. *Varunadi quatha* is beneficial in tumours, to prevent their growths.

Dosage

2-4 tsf; twice a day, after food with water.

Reference

Bhaishajya Ratnavali, *Ashmari*

VASADI QUATHA

20

Ingredients

10 ml. *Vasadi quatha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vasa	Adhatoda vasica	Malabar nut	Root	100 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	100 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	100 mg
Kiratatikta	Swertia chirata	Chirata	Whole	100 mg
Nimba	Azadirachta indica	Neem	Bark	100 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	30 mg
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	30 mg
Madhu	Mel depuratum	Honey	—	100 mg

Actions & Indications

Vasa is one of the choicest herb in treating cough, asthma, tuberculosis and bleeding diathesis i.e. *raktapitta*. It is bitter, astringent and pungent in taste, pungent in the post digestive effect and has cold potency. It alleviates *kapha* and *pitta doshas*.

Other ingredients viz. *Guduchi*, *Katuka*, *Kiratatikta* are all bitter herbs and hence, this formulation is benevolent for treating fever. In fever of *vata-kapha* type, cough is the associated symptom which gets subsided with *Vasadi quatha*. In tuberculosis, fever and cough are sometimes associated with haemoptysis i.e. bleeding through sputum, in advanced cases. *Vasadi quatha* is the matchless formulation in treating it.

Vasadi quatha is a divine remedy in the treatment of *raktapitta* – a bleeding disorders which manifests in haemorrhages or bleeding. In these conditions, *pitta dosha* is vitiated because of its hot and sharp attributes, which vitiates the *rakta dhatu* and causes haemorrhages.

Dosage

2-4 tsf; thrice daily, after food with water.

Reference

Yoga Ratnakara, *Raktapitta*

GUTI VATI – TABLETS

Guti and *vati* are infact the synonyms, meanig tablets. A small difference is that *vati* or *vataka* (pill) is of slightly smaller size than that of *guti* (tablet). *Modaka* and *varti* are other forms of tablet which are described later on.

These are prepared by first making decoction or mixing the powder of drug material, with jaggery or sugar or *Guggulu* and cooking together to a thick consistency and adding some powders of drugs for making a pill-mass. Sometimes honey is added to it.

Sugar, when used, whould be added four times to that of drug powder, jaggery two times and honey in equal amount of the drug should be taken. When the milk or water is to be added for preparing the tablets, it should be taken in double the amount of drug powder. In general, the shelf-life of the tablet is one year.

The tablets containing *guggulu*, a resin, become slow release as their disintegration time increases. Addition of *Guggulu* increases their shelf-life also. The tablets containing mercury (*rasa*) and sulphur (*gandhaka*) increase the bio-availability of the drug with which they are combined and also maintain the potency of herbal ingredients. They have longest shelf-life, sometimes in years.

During the preparation, sometimes the drug materials is specially processed or triturated with some substances like plant juice, milk, decoctions or cow's urine etc. This procedure is known as *bhavana*, which potentiates the medicine and adds to its therapeutic values.

In Ayurveda, the medicines are prescribed to be taken with various media of intake like milk, ghee, plant juice or hot water etc. Such vehicles are called *anupana*. They enhances the therapeutic effects of drugs.

GUTI VATI
(TABLETS)

ABHAYADI GUGGULU

1

Ingredients

250 mg. tablet of *Abhayadi guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	13.8 mg
Amalaki	Embllica officinalis	Embllic myroblan	Fruit	13.8 mg
Draksha	Vitis vinifera	Raisins	Raisin	13.8 mg
Shatavari	Asparagus racemosus	Asparagus	Root	13.8 mg
Bharngi	Clerodendron serratum	Beetle killer root	Root	13.8 mg
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	13.8 mg
Manjishtha	Rubia cordifolia	Red madder	Root	13.8 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	13.8 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	13.8 mg
Guggulu	Balsamodendron mukul	Indian bedellium - processed in decoction of above ingredients and solidified		111 mg
Musali	Curuligo orchioides	Black musule	Root	13.8 mg
Yashtimadhu	Clycyrrhiza glabra	Liquorice	Root	13.8 mg
Muramansi	Clematis gouriana	—	Root	13.8 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	3.45 mg
Tamalapatra	Cinnamomum tamala	Casia leaf	Leaf	3.45 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Fruit	3.45 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	3.45 mg
Vidanga	Embelia ribes	Embelia furits	Fruit	13.8 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	13.8 mg
Dhanvayas	Fagonia cretica	Khorasan thorn	Leaf	13.8 mg
Trivruta	Operculina turpethum	Indian jalap	Root	13.8 mg
Triamana	Thalicterum foliolosum		Fruit	13.8 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	4.6 mg
Maricha	Piper nigrum	Black pepper	Fruit	4.6 mg
Pippali	Piper longum	Long pepper	Fruit	4.6 mg

Actions & Indications

Abhaya is the synonym of *Haritaki*. This formulation consists of numerous herbal ingredients

along with *Guggulu*. Amongst all these *Guggulu* preparations, the chief ingredient is *Guggulu*

which helps to hold the pill together. Its multifarious uses have given rise to a whole class of compounds in which its scraping and anti-inflammatory actions are directed to their targets by additions of herbs having appropriate fields of action. As *Guggulu* is used mainly in *vata* and *kapha* diseases, these compounds are usually recommended with *Maharasnadi quatha* as a vehicle (*anupana*).

Along with *Guggulu*, *Haritaki*, *Shatavari*, *Yashtimadhu*, *Manjishtha*, *Chaturjat*, *Trikatu* etc. are all *vata* alleviating herbs. Hence, this formulation is of great use in *vata* disorders, especially, associated with pain. It abates the muscular pains and also lessens the muscular

weakness. The formulation is used to limit the tremors, with great benefit. It also effectively decreases the headache, caused due to *vata*.

The ingredients like *Chaturjat* and *Trikatu* because of their hot attribute pacify *vata* and also digest the *ama* and open up the blocked subtle channels. *Abhayadi guggulu* is the choicest remedy for muscular pains.

Dosage

1 tablet; 2 to 3 times with honey.

Reference

Bharata Bhaishajya Ratnakara, Vol. 1, F. 132

AMRUTADI GUGGULU

2

Ingredients

250 mg tablet of *Amrutadi guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	13 mg
Patola	<i>Trichosanthes dioica</i>	Pointed gourd	Fruit	13 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	13 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	13 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	13 mg
Haritaki	<i>Terminallia belerica</i>	Beleric myrobalan	Fruit	13 mg
Bibhitaka	<i>Terminallia belerica</i>	Beleric myrobalan	Fruit	13 mg
Amalaki	<i>Emblica officinalis</i>	Emblic myrobalan	Fruit	13 mg
Vidanga	<i>Embelia ribes</i>	Embelia fruits	Fruit	13 mg
Guggulu	<i>Balsamodendron mukul</i>	Purified Indian bedellium	Resin	117 mg

Actions & Indications

Amruta is the synonym of *Guduchi*. *Guduchi* is one of the most versatile rejuvenative herbs, it boosts the immunity, promotes longevity and is recommended as the drug of choice in treating gout. In this formulation it enhances the actions of *guggulu* and works well to impart additive effects.

Guduchi or *Amruta* is bitter, pungent and astringent in taste, sweet in the post digestive effect and has hot potency. It alleviates all the three *doshas*. Except pungent post digestive effect, *Guggulu* possesses the same properties as that of *Guduchi*. *Guggulu* is one of the best rewarding herbs for *vata* diseases. The combinations of both these herbs becomes a potent remedy for various *vata* disorders like osteoarthritis, rheumatoid arthritis, gout, lumbago, spondylosis etc.

Other ingredients like *Triphala* i.e. *Haritaki*, *Bibhitaka* and *Amalaki*, and *Trikatu* i.e. *Shunthi*, *Maricha* and *Pippali* have a reducing action on all the tissues, hence they are beneficial to clear off the subtle body channels and relieve the blockages (*srotorodha*) and to alleviate the *vata*. The ingredient *Patola* exerts antipyretic and blood purifying activity, like that of *Guduchi* and also has a mild laxative activity. *Vidanga* also alleviates *vata*, relieves the flatulence and dull abdominal pain. As a whole, *Amrutadi guggulu* is the drug of choice in various *vata* diseases, wherein the joints are affected.

Dosage

2-3 tablets; thrice a day with warm water.

Reference

Yoga Ratnakara

DASHANGA GUGGULU**3****Ingredients**

250 mg. tablet of *Dashanga guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	25 mg
Maricha	Piper nigrum	Black pepper	Fruit	25 mg
Pippali	Piper longum	Long pepper	Fruit	25 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	25 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	25 mg
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	25 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	25 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	25 mg
Vidanga	Embelia ribes	Bidanga	Fruit	25 mg
Guggulu	Commiphora mukul	Indian bedellium	Resin	25 mg

Actions & Indications

The Sanskrit word '*Dashanga*' denotes ten ingredients, including *Guggulu*. *Dashanga guggulu* is a comprehensive formulation for treating obesity. *Guggulu* by itself is one of the choicest reducing herb. It possesses dry and hot attributes, hence, it scrapes off the *kleda* and excessive *meda* (fats), clears off the subtle channels in the body and opens up the blockages in *srotasas* (*srotorodha*) and digests the *ama*. It is clinically proved to be an excellent lipid modulator. A significant decrease in the serum cholesterol and triglycerides, along with decrease in body weight and measurements was noted. (Paranjpe Prakash, Patki P.S., Patwardhan Bhushan, 1990, Ayurvedic treatment of obesity : a randomised double blind placebo controlled clinical trial. Journal of Ethnopharmacology 29, 1-11).

In addition to *Guggulu*, *Trikatu* i.e. *Shunthi*, *Maricha* and *Pippali* help to alleviate *kapha* and *vata dosha* and mitigate *kleda* and *meda*. Moreover, *Triphala* i.e. *Haritaki*, *Bibhitaka* and *Amalaki* effectively reduce *kapha* and *meda* and stoke the *agni* of *meda dhatu*. The herbs *Mushtaka* and *Chitraka* are well known for their reducing activity. *Vidanga* cleanses the bowels and alleviates *kapha* and *vata doshas*. As a whole, *Dashanga guggulu* is the matchless remedy for obesity, diseases of *kapha dosha* and rheumatism.

Dosage

2-4 tablets; after food, twice a day with warm water.

Reference

Bhavaprakasha, *Medoroga*

GOKSHURADI GUGGULU

4

Ingredients

250 mg. tablet of *Gokshuradi guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	166 mg
Guggulu	<i>Balsamodendron mukul</i>	Purified Indian bedellium	Resin	37 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	5 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	5 mg
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	5 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	5 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	5 mg
Amalaki	<i>Embllica officinalis</i>	Emblc myrobalan	Fruit	5 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	5 mg

Actions & Indications

Gokshuradi guggulu is an outstanding remedy for urinary tract disorders, including the urinary calculi (stones). *Gokshura*, the chief ingredient, is a versatile herb which possesses various properties like *balya* (a nutritive tonic), *shukra shodhana* (a sperm purifier), *pramehaghna* (antidiabetic), *ashmarighna* (lithotryptic), *amavataghna* (antigout), *mutrakrichhraghna* (an alleviator of dysuria etc).

Gokshura is sweet in taste, sweet in the post digestive effect and has cold potency. It alleviates all the three *doshas*, mainly *vata*. It is one of the best diuretic herbs and works well as an aphrodisiac too. It is extremely useful in urinary tract disorders, because it promotes the flow of urine, cools and soothes the membranes of the urinary tract and aids in the expulsion of urinary stones. It also curtails the bleeding from urinary tract and rejuvenates the urogenital system, both in males as well as females. In women, it is benevolent to the uterus, as it is anabolic to uterus, it boosts the uterine growth. It is the best

panacea for infantile or hypoplastic uterus and curbs the menorrhagia also.

In dysuria there is often burning sensation during micturition, strangury due to calculi, frequency of urination and abdominal colicky pains, associated with haematuria i.e. bleeding through urination. All these complaints are relieved, effectively, by *Gokshuradi guggulu*. *Triphala* and *Trikatu* promote alleviation of *vata dosha* and *Mushtaka* adds the cooling and diuretic properties to those of *Gokshura*. *Gokshuradi guggulu* is indicated in urinary calculi, menorrhagia, dysuria, strangury, gout, spermatic disorders and diabetes mellitus, as an adjunct. *Guggulu* by itself, is litholytic and diuretic.

Dosage

2-4 tabs; thrice a day, with warm water.

Reference

Shamgadhar Samhita

KAISHOR GUGGULU

5

Ingredients

250 mg. tablet of *Kaishor guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Guggulu	Balsamodendron mukul	Indian bedellium purified	Resin	192 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	6 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	6 mg
Amalaki	Embllica officinalis	Embllic myrobalan	Fruit	6 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	12 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	6 mg
Maricha	Piper nigrum	Black pepper	Fruit	6 mg
Pippali	Piper longum	Long pepper	Fruit	6 mg
Danti	Baliospermum montanum	—	Root	3 mg
Trivruta	Operculina turpethum	Indian jalap	Root	3 mg

Actions & Indications

The Sanskrit word '*Kaishor*' denotes the youth or teenage. As this formulation prevents the ageing and brings back the youth i.e. rejuvenates, hence the name. *Kaishor guggulu* is one of the best rejuvenating formulation, enhancing the complexion of the skin.

Guggulu by itself is one of the highly esteemed rejuvenating herb. It is recommended in *vata* and *kapha* disorders. It is mentioned that the shelf life of *Guggulu* is nearly twenty years; hence, it is combined with various herbs and many *Guggulu* preparations are prepared. It works well on various systems in the body and proves to be a versatile herb. It is the choicest remedy for umpteen *vata* disorders like arthritis, sciatica, spondylosis, gout, hemiplegia, lumbago etc. It stokes *agni* and hence is useful in piles, flatulent dyspepsia, intestinal worm infestations and liver disorders. It boosts up the haemoglobin percentile in anaemia and is benevolent in oedema, cervical adenitis, filariasis etc. It works well in cough of

chronic type and alleviates halitosis. It imparts a potent litholytic and diuretic activity. It is aphrodisiac and stimulates genitourinary systems, both in men and women. The fresh *Guggulu* is anabolic and helps in debility, whereas, the old one (stored more than one year) is reducing which helps to reduce obesity and serum lipids.

Triphala and *Trikatu* alleviate *kapha* and *vata* doshas and impart additive effects. *Danti* and *Trivruta* are laxatives, help alleviating the constipation, caused by *Guggulu*. *Kaishor guggulu* is useful in various diseases like tumours, dermatoses, gout, cough, oedema, anaemia, ascites, diabetes, flatulence, diabetic wounds etc.

Dosage

2-4 tabs; thrice a day, with warm water.

Reference

Sharngadhar Samhita, *Vatarakta*

KANCHANARA GUGGULU

6

Ingredients

250 mg. tablet of *Kanchanara guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kanchanara	Bauhinia variegata	Mountain ebony	Bark	62.5 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	12.5 mg
Amalaki	Emblca officinalis	Emblic myrobalan	Fruit	12.5 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	12.5 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	6 mg
Maricha	Piper nigrum	Black pepper	Fruit	6 mg
Pippali	Piper longum	Long pepper	Fruit	6 mg
Varuna	Cretaevea nurvala	Three leaved caper	Bark	1.5 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	1.5 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	1.5 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	1.5 mg
Guggulu	Balsamodendron mukul	Purified Indian bedellium	Resin	12.5 mg

Actions & Indications

Kanchanara is the best known herb to mitigate the swellings of the lymph glands. Due to vitiation of *kapha dosha* and weakening of *meda dhatu*, the glandular swellings like *gandamala* (cervical adenitis), *apachi* (chronic glandular swellings) and *granthi* (swollen glands in general), are formed. *Kanchanara*, due to its potent astringent property, effectively dries off the vitiated *kapha dosha* and *meda dhatu* and furnishes excellent results in alleviating the glandular swellings. Because of its predominant astringent property and dry and light attributes, it works on glandular swellings, by its special potency (*prabhava*). *Kanchanara* has astringent taste, pungent post digestive effect and cold potency.

Guggulu, because of hot potency, hot and sharp attributes exerts a reducing action and scrapes out the body tissues; especially *mamsa* and *meda*

dhatu. This is how the combination of *Kanchanara* and *Guggulu* becomes potent to mitigate the glandular swellings.

Other ingredients like *Varuna*, *Triphala* i.e. *Haritaki*, *Bibhitaka* and *Amalaki*, *Trikatu* i.e. *Shunthi*, *Maricha* and *Pippali* exert the similar therapeutic effects and add to the potency of this formulation. *Kanchanara guggulu* is indicated in various types of glandular swellings, anal fistula, abscess, tumours, chronic wounds and skin diseases.

Dosage

2-4 tablets; thrice a day, with warm water.

Reference

Bruhannighantu Ratnakara, *Gandamala*

LAKSHADI GUGGULU

7

Ingredients

250 mg. tablet of *Lakshadi guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Laksha	Coccus lacca	Lac	Secretions	25 mg
Asthisamharaka	Cissus quadrangularis	Edible-stemmed vine	Stem	25 mg
Arjuna	Terminalia arjuna	Arjuna myrobalan	Bark	25 mg
Ashwagandha	Withania populifolia	Winter cherry	Root	25 mg
Nagbala	Grewia populifolia	—	Leaf	25 mg
Guggulu	Commiphora mukul	Indian bedellium	Resin	125 mg

Actions & Indications

Laksha, *Asthisamharaka*, *Arjuna*, *Ashwagandha*, *Nagbala* (also known as *Gangeruki*) are taken in equal parts and quantity mentioned above in the table and the mixture is finely powdered. The purified *Guggulu* is taken in quantity mentioned above in the table and the mixture is finely powdered and then tableted. *Laksha* is the secretion of an insect, *coccus lacca*.

The Sanskrit word '*Asthisamharaka*' literally means that which saves the bones from their destruction. Precisely, it indicates its peculiar quality of healing of the bone fractures. For that purpose, the crushed stems of *Asthisamharaka*, by itself, are used as a poultice over the bone fractures. It promotes the callus formation. Apart from the well known property of *Arjuna* as a cardiac tonic, it is also extremely beneficial to promote the healing of fractures. The astringent property helps in arresting the haemorrhages as

well as healing up of fractures. *Ashwagandha* has a potent rejuvenating property and hence it nourishes all the body tissues. It is specially a *rasayana* to the *mamsa dhatu* (muscle tissue). *Nagbala* is a well known healer of the wounds. The leaves and roots juice is used for dressing the wounds. It promptly arrests the bleeding and promotes the wound healing.

All the ingredients of *Lakshadi guggulu* are predominantly astringent and hence promote the healing of fractures. *Guggulu* also helps healing and exerts anti-inflammatory action also.

Dosage

2-4 tablets; 2-3 times a day with water.

Reference

Bhaishajya Ratnavali, *Bhagnadhikar*

MAHAYOGARAJ GUGGULU

8

Ingredients

125 mg. tablet of *Mahayogaraj guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	0.9 mg
Chavya	Piper chaba	Java long pepper	Fruit	0.9 mg
Pippalimula	Piper longum - radix	Root of long pepper	Root	0.9 mg
Krishnajiraka	Carum caraway	Black caraway	Seed	0.9 mg
Ajmoda	Carum copticum	Ajowan	Seed	0.9 mg
Renuka	Vitex agnus-castus	—	Seed	0.9 mg
Indrayava	Holarrhena antidysenterica	Kurchi seeds	Seed	0.9 mg
Gajapippali	Scindapsus officinalis	Large long pepper	Fruit	0.9 mg
Ativisha	Aconitum heterophyllum	Atis	Root	0.9 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	0.9 mg
Vangabhasma	Stannum	Calx of purified tin	—	7.2 mg
Roupyabhasma	Argentum	Calx of purified silver	—	7.2 mg
Mandurbhasma	Ferroso	Calx of purified dross iron	—	7.2 mg
Rasasindura	—	—	—	7.2 mg
Guggulu	Balsamodendron mukul	Purified Indian bedellium	Resin	3.6 mg
Pippali	Piper longum	Long pepper	Fruit	0.9 mg
Chitraka	Plumbago zeylanicum	Leadwort	Root	0.9 mg
Jiraka	Cuminum cyminum	Cumin seeds	Seed	0.9 mg
Hingu	Ferula foetida	Asafoetida	Resin	0.9 mg
Sweta sarshapa	Brassica juncea	Indian mustard	Seed	0.9 mg
Patha	Cissampelos pareira	False pareira brava	Root	0.9 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	0.9 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	0.9 mg
Bharngi	Clerodendron serratum	Beetle killer root	Root	0.9 mg
Murva	Clematis gouriana	—	Root	0.9 mg
Nagabhasma	Plumbum	Calx of purified lead	—	7.2 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	7.2 mg
Lohabhasma	Ferrum	Calx of purified iron	—	7.2 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	6 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	6 mg
Amalaki	Embelia officinalis	Emblc myrobalan	Fruit	6 mg

Actions & Indications

Mahayogaraj guggulu is one of the most widely prescribed medicine for *vata* disorders. The diseases of *vata* are due to either *srotorodha* i.e. blockages in subtle channels, which obstruct the *vata* and causes its aggravation or due to *dhatukshinata* i.e. depletion of tissues. This formulation is effective on both the aetiological factors.

Guggulu by itself is a potent *vata* alleviator, by relieving the blockages. There are many other herbs like *Vidanga*, *Haritaki*, *Patha* etc. which impart additive effect. Other herbs like *Shunthi*, *Chitraka*, *Pippali*, *Maricha*, *Chavya* etc. which stoke *agni* and boost the digestion, digest the *ama* and relieve the blockage in subtle channels.

Mahayogaraj guggulu, in addition, consists of *bhasmas* like *Vanga*, *Roupya*, *Loha*, *Abhraka*, *Mandur*, *Naga* etc. which replenish the body tissues and alleviate the *vata dosha*. Hence, this formulation can be safely used in debility and thin individuals.

It is indicated in numerous diseases like *vata* disorders, piles, dermatoses, colitis, gout, fistula, tumours, asthma, cough and infertility.

Dosage

2-3 tablets; thrice a day, with honey.

Reference

Sharngadhar Samhita

PUNARNAVADI GUGGULU

9

Ingredients

250 mg. tablet of *Punarnavadi guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Punarnava	Boerhavia diffusa	Spreading hogweed	Root	30 mg
Devadaru	Cedrus deodar	Cedarwood	Bark	30 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	30 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	30 mg
Guggulu	Balsamodendron mukul	Purified Indian bedellium	Resin	130 mg

Actions & Indications

Punarnavadi guggulu is the best panacea for *vata* diseases, associated with oedema and pain. All the ingredients in this formulation are potent *vata* alleviators. *Punarnava* is a well known diuretic herb, hence, it works well to relieve the oedema (*shothahara*). It is the best rejuvenative to urinary system and also imparts the litholytic action.

Devadaru alleviates *vata dosha* because of its unctuous and hot attributes. It mitigates the *kleda* and opens up the blockages in the subtle channels and relieves the oedema. It is extremely useful in ascites, as it also relieves the blockages in the urinary system and sweat glands. It is one of the best anti-inflammatory herb, hence extremely beneficial in swollen joints. It pacifies the *vata* and alleviates the pain, thus, salutary in sciatica, arthritis, gout etc.

Guduchi is recommended as a drug of choice in gout. It works well as an anti-inflammatory herb and is the best rejuvenative. *Guggulu*, the chief

ingredient, is the best *vata* alleviator. It possesses multifarious activities and works on various systems in the body. As mentioned earlier, it is salutary in obesity, as it is the best reducing herb. It reduces the excessive body fats, body weight, body measurements and works well as a lipid modulator. It is benevolent in various skin disorders of varied aetiology. *Guggulu* is extremely useful in *vata* diseases like arthritis, rheumatoid arthritis, hemiplegia, palsy, sciatica, lumbago, spondylosis etc.

Punarnava guggulu is recommended in oedema, ascites, anaemia, obesity, skin disorders and *kapha* diseases, especially, above the clavicle.

Dosage

2-4 tablets; 3 times a day, with honey or water.

Reference

Bhaishajya Ratnavali, *Shothadhikar*

135512

SIMHANAD GUGGULU 10

Ingredients

250 mg. tablet of *Simhanad guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	13.67 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	13.66 mg
Amalaki	<i>Embolica officinalis</i>	Embllic myrobalan	Fruit	13.67 mg
Gandhaka	Sulphur	Purified sulphur	—	14 mg
Guggulu	<i>Balsamodendron mukul</i>	Purified Indian bedellium	Resin	14 mg
Erandasneha	<i>Ricinus communis</i>	Castor oil	Seed oil	56 mg

Actions & Indications

Charaka has categorised *Eranda* as one of the best *vata* alleviator which relieves the bodyaches very effectively. It stokes the *agni* and digests the *ama* as well. Though *Eranda* (castor oil) is commonly known as a purgative, Ayurvedic scriptures have praised it as an asset in treating rheumatic disorders. It has sweet, pungent and astringent tastes, sweet post digestive effect and a hot potency. It alleviates *vata* and *kapha doshas*. *Eranda* is a drug of choice in treating diseases of *vata* associated with *ama* (*sama vata*).

Amavata (rheumatic fever) is a very painful disorder of joints. According to modern concepts, rheumatic fever is an inflammatory diseases that occurs in children and young adults (5-15 years of age) as a result of infection with group A streptococci. It affects the heart, skin, joints and central nervous system. It is thought to develop because of an autoimmune reaction triggered by the infecting streptococcus. Ayurvedic postulates

of *amavata* denote that aggravation of *vata* and *ama* production takes place simultaneously, causing multiple joint afflictions, fever, joint pain and swelling, followed by serious sequele all over the body caused by *ama* like heart valve lesions.

Erandasneha (castor oil) stokes *agni*, digests the *ama* and alleviates *vata dosha*, hence it effectively mitigates aggravated *vata* and *ama*. *Guggulu*, in this way gets synergistic activity of *Eranda*. *Triphala* helps to alleviate *vata* and imparts additive effect. *Simhanad guggulu* is recommended in *amavata*, *vatarakta* (gout), dermatoses, cough, tumours and arthritis.

Dosage

2-3 tablets; thrice a day, with warm water.

Reference

Bhaishajya Ratnavali, *Amavata*

SWAYAMBHUA GUGGULU

11

Ingredients

500 mg. tablet of *Swayambhuva guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bukuchi	<i>Psoralia corylifolia</i>	Psoralia seeds	Seed	65.7 mg
Shuddha shilajita	Asphaltum	Asphalt purified	—	65.7 mg
Shuddha guggulu	<i>Balsamodendron mukul</i>	Purified Indian bedellium	Resin	131.5 mg
Shuddha makshik	<i>Ferri sulphuratum</i>	Purified chalcopyrites	—	39.4 mg
Lohabhasma	<i>Ferrum</i>	Calx of purified iron	—	26.3 mg
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	13 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	
Amalaki	<i>Emblica officinalis</i>	Emblc myrobalan	Fruit	
Khadira	<i>Acacia catechu</i>	Cutch bark	Bark	13 mg
Karanja	<i>Pongamia glabra</i>	Indian beech leaves	Leaf	13 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	13 mg
Trivruta	<i>Operculina turpethum</i>	Indian jalap	Root	13 mg
Danti	<i>Baliospermum montanum</i>	—	Root	13 mg
Haridra	<i>Curcuma longa</i>	Turmeric	Rhizome	13 mg
Nimba	<i>Azadirachta indica</i>	Margosa bark	Bark	13 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	13 mg
Vidanga	<i>Embelia ribes</i>	Embelia fruits	Fruit	13 mg
Kutaja	<i>Holarrhena antidysenterica</i>	Kurchi bark	Bark	13 mg
Aragvadha	<i>Casia fistula</i>	Purging cassia	Fruit	13 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	13 mg
Gorakhamundi	<i>Saphaeranthus indicus</i>	—	Whole	26.3 mg

Actions & Indications

Swayambhuva guggulu is one of the noteworthy medicine for leprosy and various skin diseases. In skin diseases, according to Ayurvedic postulates, aggravated three *doshas* especially, *kapha dosha*, vitiates the skin, blood and muscle tissue and produce more *kleda* and affect the skin, in particular. The close inter-relation of the blood and skin is well known. The vitiation of

blood causes various skin afflictions. The herbs like *Bakuchi*, *Karanja*, *Guduchi*, *Nimba* and *Haridra* are vital blood purifiers. Ingredients like *Shilajita*, *Shudha makshik*, *Gorakhamundi* and *Mushtaka* are notable *pitta* alleviators and hence, help alleviating blood vitiation. Mild laxative herbs like *Triphala*, *Danti*, *Aragvadha* and *Trivruta* help curtailing the vitiation of blood. In this way all the

ingredients treat the cause in particular and limit the aetiopathogenesis of skin diseases.

Guggulu, by itself, is a salient remedy for various skin diseases like eczema, infections of the skin and various inflammatory conditions of the skin. The formulation, as a whole, is one of the best remedy for early stages of leprosy. It is also recommended for filariasis, anal fistula, epilepsy,

worm infestations, tumours, diabetes and asthma.

Dosage

1 tablet; 2-3 times a day, with warm water / ghee / honey / cow's urine.

Reference

Bhavaprakasha, *Kushtha*

TRAYODASHANGA GUGGULU

12

Ingredients

250 mg. tablet of *Trayodashanga guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Babbula	Acacia arabica	Indian gumarabic	Resin	10 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	10 mg
Hapusha	Juniperus communis	Common juniper	Fruit	10 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	10 mg
Shatavari	Asparagus racemosus	—	Root	10 mg
Gokshura	Tribulus terrestris	Small caltrops	Root	10 mg
Vruddhadaru	Argyria speciosa	Elephant greeper	Stem	10 mg
Rasna	Vanda roxburghii	—	Root	10 mg
Mishreya	Foeniculum capillaecum	Fennel	Fruit	10 mg
Karchura	Curcuma zedoaria	Long zedoary	Rhizome	10 mg
Parsikyavani	Hyocymus niger	Hen bane	Fruit	10 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	10 mg
Guggulu	Commiphora mukul	Indian bedellium	Resin	130 mg

Actions & Indications

The Sanskrit word '*Trayodashanga*' denotes thirteen ingredients, including *Guggulu*. This is a very comprehensive formulation, helpful in *vata* diseases of both, *srotorodha* i.e. aggravation of *vata* because of obstructive aetiology and *dhatukshaya* i.e. aggravation of *vata* because of depletion of tissues.

Ashwagandha, *Shatavari*, *Guduchi* and *Babbula* nourish the tissues and alleviate *vata dosha*. Whereas, *Guggulu*, *Guduchi* and *Babbula* digest the *ama* and open up the subtle channels, relieve the obstruction and alleviate the *vata dosha*. The ingredients like *Rasna*, *Vruddhadaru*, *Ashwagandha* and *Mishreya* relieve the oedema and

Parsik yavani, *Guduchi* and *Rasna* work well to reduce the pains. The diuretic property of *Hapusha*, *Gokshura*, *Mishreya* and *Ashwagandha* help reducing oedema and pacify *vata dosha*.

Trayodashanga guggulu is highly recommended in gout, rheumatic fever, lumbago, sciatica, joint disorders, vaginal diseases and fractures.

Dosage

1-2 tablets; 3 times a day, with warm water.

Reference

Bhaishajya Ratnavali

TRIPHALA GUGGULU

13

Ingredients

250 mg. tablet of *Triphala guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	27 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	27 mg
Amalaki	<i>Embolica officinalis</i>	Emblc myrobalan	Fruit	27 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	27 mg
Guggulu	<i>Balsamodendron mukul</i>	Purified Indian bedellium	Resin	138 mg

Actions & Indications

Triphala guggulu is a vital remedy for *vata* diseases caused by *srotorodha* i.e. obstruction in the subtle channels, causing aggravation of *vata dosha*. As all the herbs used in this formulations are of reducing properties, the formulation should not be used in *vata* disorders caused due to *dhatukshaya* i.e. depletion of body tissues. It will aggravate the disease, instead of alleviating it. Hence, in general this drug should be sparingly used in thin, lean individuals and in debility.

In *vata* diseases, associated with pain, the formulation is extremely beneficial. It is salutary in arthritis, sciatica, lumbago, spondylosis. It also effectively reduces the swelling on the joints, as *Guggulu* possesses potent anti-inflammatory activity. Other herbs like *Triphala*, i.e. *Haritaki*, *Bibhitaka* and *Amalaki* alleviate all the three *doshas*. Moreover, it mitigates the *kleda* and *kapha dosha*, stokes the *agni* especially of *meda dhatu* and scrapes off the excessive body fats in obesity. *Pippali* also exerts additive effects and

is extremely useful to digest the *ama*, stoke *agni* and relieve the pain die to *vata*.

Triphala guggulu is one of the choicest panacea for obesity and hyperlipidaemia. It is one of the most effective and safe remedy, useful for long term duration, if required. Clinically it has been proved that it reduces the body weight, body measurements, serum cholesterol and triglycerides and increases the H.D.L. cholesterol. (Paranjpe Prakash, Patki P.S., Patwardhan Bhushan, 1990 Ayurvedic treatment of obesity : A randomised double blind placebo controlled clinical trial. Journal of Ethnopharmacology 29, 1-11). It is also recommended in anal fistula, tumours, oedema, piles and lipoma.

Dosage

2-4 tablets; 3 times a day, with warm water.

Reference

Sharngadhar Samhita, A-7

YOGARAJ GUGGULU

14

Ingredients250 mg. tablet of *Yogaraj guggulu* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chitraka	Plumbago zeylanica	Leadwort	Root	3 mg
Ajamoda	Carum copticum	Ajowan	Seed	3 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	3 mg
Jiraka	Cuminum cyminum	Cumin seed	Seed	3 mg
Chavya	Piper chaba	Java long pepper	Fruit	3 mg
Rasna	Vanda roxburghii	—	Root	3 mg
Dhanyaka	Coriandrum sativum	Coriander	Seed	3 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	3 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	3 mg
Maricha	Piper nigrum	Black pepper	Fruit	3 mg
Saindhava	Sodium chloride impura	Rock salt	—	3 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	3 mg
Yavakshara	Potassi carbonas	Carbonate of potash	—	3 mg
Gokshura	Tribulus terrestris	Land caltrops	Root	6 mg
Swarjika	Sodi carbonas	Barilla	—	3 mg
Danti	Baliospermum montanum	—	Root	3 mg
Hapusha	Juniperus communis	Common juniper	Fruit	3 mg
Shatavari	Asparagus recemosus	Asparagus	Root	3 mg
Pippalimula	Piper longum	Root of long pepper	Root	3 mg
Mishreya	Foeniculum vulgare	Fennel	Fruit	3 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	3 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	3 mg
Koshtha	Alpinea galanga	Greater galangal	Root	3 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	3 mg
Amalaki	Embllica officinale	Emblic myrobalan	Fruit	3 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	3 mg
Pippali	Piper longum	Long pepper	Fruit	3 mg
Ushira	Vetivaria zizanoides	Cuscut grass	Root	3 mg
Talispatra	Taxus buccata	Himalayan silver fir	Leaf	3 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	3 mg
Karchura	Curuma zedoria	Zedoarv	Rhizome	3 mg

Sanskrit	Latin	English	Part Used	Quantity
Guduchi	Tinospora cordifolia	Tinospora	Stem	3 mg
Yavani	Carum copticum	Ajowan	Seed	3 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	3 mg
Lohabhasma	Ferrum	Clax of purified iron	—	12 mg
Guggulu	Balsamodendron mukul	Indian bedellium (purified)	Resin	120 mg

Actions & Indications

Yogaraj guggulu is one of the most commonly prescribed drug for *vata* disorders. *Guggulu*, the chief ingredient is a potent alleviator of *vata*, as it stokes the *agni*, digests the *ama* and removes the blockages in *srotasas* and propogates *vata* in its proper direction. Hence, the formulation is beneficial in the diseases of *vata* due to *srotorodha*. In *Mahayogaraj guggulu*, the *bhasmas* of metals like *Vanga*, *Abhraka*, *Loha*, *Roupya* etc. replenish the body tissues, hence is useful in *vata* diseases due to *dhatukshaya* i.e. tissue depletion.

Other ingredients are useful to stoke the *agni*, digest the *ama* and with mild laxative action, relieve the constipation and alleviate *vata*. It is recommended in arthritis, paralysis, brachial neuralgia, piles, synovitis, joint or muscle stiffness etc.

Dosage

2 tablets; three times a day, with warm water.

Reference

Yoga Ratnakara

GUTI-VATI-RASA
MERCURIAL AND OTHER TABLETS

AGASTISUTARAJ

1

Ingredients

125 mg. tablet of *Agastisutaraj* contains approx. :

Sanskrit	Latin	English	Quantity
Samgandha kajjali	—	Black sulphide of mercury	31.25 mg
Shuddha hingula	—	Purified cinnabar	31.25 mg
Shuddha dhatura	Datura metel	Thorn apple seeds purified	31.25 mg
Shuddha ahiphena	Papaver somniferum	Opium purified	31.25 mg

Actions & Indications

The ingredients mentioned in the table above are mixed together and are first processed with the juice of *Bhringaraja* (*Eclipta alba*) and finally tableted.

Kajjali is a compound prepared by triturating the purified mercury (called as *rasa*) and purified sulphur (i.e. *gandhaka*). The mixture is triturated at least twenty-four hours until a fine black powder of mercurious sulphide is obtained. *Rasa* means mercury, hence, Ayurvedic medicines consisting *Kajjali* are called as *rasoushadhi*. The mercury, though purified, cannot be used singly as a medicine, as it becomes toxic when used alone. But when *Kajjali* is prepared, it becomes medicinally useful. This *Kajjali* is seldom used as a medicine, but is used as an ingredient in other medicines. *Kajjali*, like *Guggulu*, is a superb "Yogavahi" i.e. it enhances the properties and activities of other ingredients, with which it is incorporated. It drags whatever it is mixed with down into the deepest and most inaccessible parts of the system. In other words, it enhances the bio-availability. It also exerts a preservative effect, so pills containing *Kajjali* or other mercurial

compounds remain potent for longer than purely herbal pills. It possesses the *sara* attribute, which enables to cleanse the bowels.

Other ingredients like *Hingula*, stokes the *agni* well, alleviates all the three *doshas*. The herb *Dhatura* is astringent in the taste, pungent in the post digestive effect and has hot potency. Because of its dry, light attributes and astringent property, it curbs the peristaltic movements of the intestines, reduces the secretions, dries off the *kleda* and *kapha* and relieves the colicky pains in diarrhoea and dysentery. The herb *Ahiphena* i.e. opium, is a potent astringent, relieves the colicky pains and promptly controls diarrhoea, dysentery and colitis. It should not be used in presence of *ama*.

Dosage

1 tablet; 2-3 times a day, with warm water, or lemon juice.

Reference

Yoga Ratnakara, *Sangrahani Roga Chikitsa*

AGNIKUMAR RASA

2

Ingredients

125 mg. Agnikumar rasa tablet contains approx. :

Sanskrit	Latin	English	Quantity
Samagandha kajjali	—	Black sulphide of mercury	13 mg
Vatsanabha (root)	Aconitum ferox	Aconite purified	13 mg
Tankana	Soddi biboras	Purified sodium borate	6.5 mg
Shankhabhasma	Turbinella pyrum	Sacred conch shells calx	19.5 mg
Kaphardika bhasma	Cyprea moneta	Cowrie shells calx	19.5 mg

Actions & Indications

Agnikumar rasa is one of the *rasoushadh*, containing *Kajjali*. There are more than 25-30 different permutations and combinations under the name *Agnikumar rasa*, to stoke the *agni*, improve digestion and alleviate various gastro-intestinal disorders.

Kajjali, as mentioned in earlier formulation, is the most valuable addition in this formulation which helps to augment the bio-availability of other herbo-mineral ingredients and also works well to cleanse the bowels and in a way, helps to stoke the *agni*. It works well as an antimicrobial agent and *rasayana*.

Maricha is well-known for its appetite stimulant and digestant activities. *Vatsanabha* and *Tankana* alleviate the *vata* and curb the abdominal pains. The *Shankhabhasma* and *Kaphardika bhasma* pacify the *pitta dosha*, stimulate the intestines and eliminate the hot and sharp attributes during digestive stages. *Agnikumar rasa* triturated with lime juice, augments the digestive process. As a

whole, the formulation is a potent appetiser, digestant, anticollic, stimulant, rejuvenative and *yogavahi*.

Agnikumar rasa is a drug of choice for indigestion, anorexia and diarrhoea due to aggravation of *vata dosha* and useful in *kapha* diseases like colds, chronic sinusitis associated with indigestion. The formulation is hot in potency and is an outstanding remedy for indigestion due to *vata* aggravation, *kapha* aggravation or *kapha-vata* predominant indigestion. In presence of *ama*, fasting is advised prior to treatment with this drug. Diarrhoea and dysentery of indigestion-aetiology responds well to this drug, than that of bacterial origin.

Dosage

1-2 tablet; 3 times a day, with ginger or lemon juice.

Reference

Bharata Bhaishajya Ratnakara, Vol. 1, F. 236

AGNITUNDI RASA

3

Ingredients

250 mg. tablet of *Agnitundi rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Samagandha kajjali	—	Black sulphide of mercury	—	13 mg
Vatsanabha	Aconitum ferox	Aconite purified	Root	6.5 mg
Ajmoda	Carum copticum	Ajowan	Fruit	6.5 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	6.5 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	6.5 mg
Amalaki	Embolica officinalis	Emblc myrobalan	Fruit	6.5 mg
Sajjkshara	Sodi carbonas	Barilla	—	6.5 mg
Yavakshara	Potassi carbonas	—	—	6.5 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	6.5 mg
Saindhava	Sodium chloride impura	Rock salt	—	6.5 mg
Jiraka	Cuminum cyminum	Cumin seeds	Seed	6.5 mg
Krishnalavana	—	Black salt	—	6.5 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	6.5 mg
Samudralavana	Sodii chloridum	Common salt	—	6.5 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	6.5 mg
Maricha	Piper nigrum	Black pepper	Fruit	6.5 mg
Pippali	Piper longum	Long pepper	Fruit	6.5 mg
Kupilu	Strychnos nux vomica	Nux vomica	Seed	6.5 mg

Actions & Indications

Agnitundi rasa is a leading drug, used in chronic disorders of digestion, especially due to low *agni*, weak peristalsis, abdominal dull pains because of aggravation of *kapha dosha* in the stomach. This formulation works well as an anticollic, appetite stimulant and digestive, with great benefit.

The ingredients like *ksharas* and *lavanas* are useful to augment the *agni*, improve digestion and mitigate the *kapha dosha*. The herb *Vatsanabha* possesses hot, dry and sharp attributes, which

mitigates the aggravated *kapha dosha* in the stomach and also exerts an appetiser, digestant, anticollic actions and improves the taste sensation as well. It has a stimulant action on the liver. Another important herbal ingredient in this formulation is *Kupilu*. It stokes the *agni*, digests the *ama*, exerts an astringent action, mitigates the aggravated *kapha* in the stomach and improves the secretions of *pachaka pitta*. It also eliminates the *vata* from intestines and tones up the smooth muscles of the intestines and improves

the peristalsis. *Vidanga*, *Jiraka* and *Ajmoda* alleviate *kapha dosha* and decimate the heaviness and stagnation in digestive tract. *Kajjali* works as a rejuvenative, antimicrobial and *yogavahi* and helps augmenting the potency of the formulation. *Agnitundi rasa* is recommended in chronic appendicitis, chronic indigestion and constipation, weak liver functions, convalescence in paralytic patients with impaired intestinal functions etc. This

is the choicest drug for *kaphaja* digestive disorders.

Dosage

1-2 tablets; 3 times a day, with warm water or ghee-sugar.

Reference

Sharngadhar Samhita

ANANDA BHAIRAV – ATISARA

4

Ingredients

125 mg. tablet of *Ananda bhairav* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vatsanabha	Aconitum ferox	Aconite purified	Root	25 mg
Maricha	Piper nigrum	Black pepper	Fruit	25 mg
Pippali	Piper longum	Long pepper	Fruit	25 mg
Tankana	Sodii biboras	Borax purified	—	25 mg
Hingula	—	Cinnabar purified	—	25 mg

Actions & Indications

There are two different formulations of *Ananda bhairav*, designed for *atisara* (diarrhoea) and *kasa* (cough). In both the formulations, the ingredients *Hingula*, *Maricha*, *Pippali*, *Vatsanabha* and *Tankana* are common. In this formulation for *atisara* (diarrhoea) there is a tradition of old Ayurvedic practitioners to add *Kutaja* bark or seeds (*Holarrhena antidysenterica*) to make the formulation more potent anti-diarrhoeal.

Ananda bhairav for *atisara*, is recommended in diarrhoea due to aggravation of *kapha dosha*, which leads to anorexia, distaste and indigestion. It also works well in colitis associated with colds. All the ingredients mitigate *kapha dosha* effectively, whereas *Maricha* and *Pippali* stoke the *agni* and improve the appetite and digestion.

Hingula mitigates the *kapha dosha*, decreases the inflammation of mucous membranes of the intestinal tract and decreases their secretions. *Vatsanabha* also minimises the secretions by alleviating *kapha* and works well as a diaphoretic herb which reduces the fever. *Tankana* possesses antimicrobial property, mitigates the *kapha dosha* effectively and helps to curb the aetiopathogenesis of diarrhoea due to aggravation of *kapha dosha*.

Dosage

1-2 tablet; 3 times a day, with warm water.

Reference

Bhaishajya Ratnavali

ANANDA BHAIRAV – KASA

5

Ingredients

125 mg. tablet of *Ananda bhairav* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	13.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	13.8 mg
Shuddha hingula	—	Purified cinnabar	—	13.8 mg
Shuddha vatsanabha	Aconitum ferox	Aconite purified	Root	13.8 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	13.8 mg
Pippali	Piper longum	Long pepper	Fruit	27.6 mg
Maricha	Piper nigrum	Black pepper	Fruit	13.8 mg
Tankana	Sodii biboras	Purified sodium borate	—	13.8 mg

Actions & Indications

In this formulation for *kasa* (cough), *Ananda bhairav* consists of *Kajjali* i.e. mercury and sulphur compound, and *Shunthi*, in addition. Other ingredients are same in both the formulations of *Ananda bhairav*. All these ingredients in this composition are first triturated and processed with *Bhringaraj* (*Eclipta alba*) juice and *Nimbuka* juice (lemon juice).

Ananda bhairav for *kasa* (cough), is an excellent panacea for cough of *kapha* type. All the constituents in this drug predominantly mitigate the *kapha dosha*. It is one of the best remedy for the patients of cough, where the expectoration of phlegm is associated with annoying bouts of cough.

Shunthi, *Maricha* and *Pippali* mitigate *kapha dosha* effectively, by their hot and sharp attributes. *Hingula* reduces the mucous secretions in

the lungs and dries off the cough. *Tankana* also exerts additive effects and helps as an antimicrobial also. *Vatsanabha* is a potent diaphoretic herb, hence relieves the fever. Thus, this formulation is a choicest remedy for cough, colds, influenza, pharyngitis esp. due to aggravation of *kapha dosha*. It should not be used in cough and colds with aggravated *pitta dosha*.

Ananda bhairav is also recommended in tuberculosis, asthma, epilepsy, colitis, tumours and diseases due to aggravation of all the three *doshas*.

Dosage

1 tablet; 3 times a day, with warm water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 1, F. 440

AROGYAVARDHINI

6

Ingredients

125 mg. tablet of *Arogyavardhini* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Samagandha kajjali	—	Black sulphide of mercury	—	6.8 mg
Lohabhasma	Ferrum	Calx of purified iron	—	3.4 mg
Abharakbhasma	Creta gallica	Calx of Purified mica	—	3.4 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	3.4 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	2.25 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	2.25 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	2.25 mg
Shilajatu	Asphaltum	Asphalt purified	—	10.2 mg
Guggulu	Balsamodendron mukul	Purified Indian bedellium	Resin	10.2 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	13.6 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	61.2 mg

Actions & Indications

The Sanskrit word '*Arogya*' means the health and '*Vardhini*' denotes promoting. This 'health-promoter' is designed by the great seer Nagarjuna. All ingredients mentioned in the table above are triturated and processed in the juice of *Nimba* leaves (*Azadirachta indica*) i.e. margosa leaves; for about two days and then tableted. *Arogyavardhini* is one of the best versatile formulation used in various diseases like skin afflictions, obesity, hyperlipidaemia, anasarca, anaemia, ascites, hepatitis, chronic constipation, hepatosplenomegaly, anorexia, heart diseases, fever of *kaphaja* type and repeated respiratory infections like tonsillitis and pharyngitis etc.

The *bhasmas* like *Loha*, *Abhakra*, *Tamra* and *Kajjali* work well as rejuvenatives and *balya*. The trituration in *Nimba* leaves juice, *Shilajatu*, *Katuka* and *Tamra bhasma* are main cholagogue

ingredients, which promote and augment the biliary secretions and help alleviating hepatitis and *Katuka* in addition, exerts a hepatoprotective action. The *bhasmas* are the best supplements in anaemia. *Triphala* along with *Kajjali*, cleanses the bowels and alleviates the accumulated *kapha* and *pitta* from the intestines. The cholagogue action helps in blood purifying and works well on *rakta* and *pitta*, and thus alleviates various skin diseases, of *kapha-vata* types. *Guggulu*, along with other ingredients helps reducing body weight and serum lipids. The drug is useful to alleviate oedema, as it possesses mild diuretic activity and hence, becomes useful to alleviate oedema, as it possesses mild diuretic activity and hence, becomes useful in heart diseases and anasarca. As it stokes *agni*, promotes digestion, augments *dhatvagni*, hence nourishes the body tissues and works well as a general tonic (*balya*).

Contraindications : Pregnancy, aggravated pitta conditions, thin individuals.

Reference

Rasaratna Samucchaya, A-19

Dosage

1-3 tablet; 3 times a day, with warm water.

Ingredients

125 mg. tablet of *Arshakuthar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	1.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	3.7 mg
Lohabhasma	Ferrum	Calx of purified iron	—	3.7 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	3.7 mg
Bilva	Aegle marmelos	Bael fruit pulp	Fruit	11.1 mg
Bala	Sida cordifolia	Country mallow root	Root	11.1 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	11.1 mg
Maricha	Piper nigrum	Black pepper	Fruit	11.1 mg
Pippali	piper longum	Long pepper	Fruit	11.1 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	11.1 mg
Danti	Baliospermum montanum	—	Root	11.1 mg
Tankana	Sodi biboras	Purified sodium borate	—	11.1 mg
Yavakshara	Potassii carbonas	Corbonate of potash	—	11.1 mg
Saindhava	Sodium chloride impura	Rock salt	—	11.1 mg

Actions & Indications

The Sanskrit word '*Arshakuthar*' denotes one which cuts the piles (*arsha*-piles, *kuthar*-a cutter). The ingredients in this formulation, mentioned above in the table, are first processed with cow's urine and the latex of *Snuhi* (*Euphorbia nerifolia*), common milk hedge. Then, finally the whole mixture is tableted.

Arshakuthar is one of the formulations useful in the treatment of piles. According to Ayurvedic postulates, *arsha* (piles), *atisara* (diarrhoea) and *grahani* (colitis) are the diseases caused by the common aetiological factor *agnimandya* i.e. low *agni*. The ingredients like *Shunthi*, *Maricha*,

Pippali, *stoke agni* well and *Yavakshara* helps to digest the *ama*. *Saindhava* improves the digestion, whereas *Haritaki*, *Danti*, *Kajjali* and *Snuhi* relieve the constipation. *Tankana* cleanses the bowels and is a painkiller.

Kajjali not only exerts the laxative action, but also works well against the microbes in the intestines. It mitigates the toxic metabolites accumulated in the gastrointestinal tract. It is also the best rejuvenative. *Loha bhasma* augments the haemoglobin percentile and corrects the anaemia. *Abhraka bhasma* alleviates the mental irritation, caused by frequent bleeding in

haemorrhoids (piles) and also improves the tone of anal sphincters and decreases the laxity in the muscles of anal sphincters. It also promotes the wound healing. *Bilva* stokes *agni* and digests the *ama*. *Bala* nourishes the muscle tissue and works well to arrest the bleeding, alleviates *vata* and is rejuvenative.

Dosage

1-2 tablet; 2 times a day, with water or butter-milk.

Reference

Yoga Ratnakara, *Arshachikitsa*

ASHWAKANCHUKI

8

Ingredients

125 mg. tablet of *Ashwakanchuki* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Parada	Hydrargyrum	Mercury purified	—	15.5 mg
Gandhaka	Sulphur	Sulphur purified	—	15.5 mg
Tankana	Sodi biboras	Borax purified aconite	—	15.5 mg
Vatsanabha	Aconitum ferox	Purified aconite	Root	15.5 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	15.5 mg
Pippali	Piper longum	Long pepper	Fruit	5.16 mg
Maricha	Piper nigrum	Black pepper	Fruit	5.16 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	5.16 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	5.16 mg
Amalaki	Emblca officinalis	Emblc myrobalan	Fruti	5.16 mg
Haratala	Arsenii trisulphidum	Yellow orpiment purified	—	5.16 mg
Jayapala	Croton tiglium	Croton purified	Seed	15.5 mg

Actions & Indications

Ashwakanchuki is a well-known drug, which consists of *Jayapala*, one of the drastic purgative herbs. The ingredients mentioned above in the table, are processed with the juice of *Bhringaraj* (*Eclipta alba*) for twenty one times and then finally, tableted.

The diseases, wherein drastic purgatives are recommended, to take out the accumulated water like ascites, ascites with hepatosplenomegaly, anasarca, tumours etc; *Ashwakanchuki* is extremely beneficial. It is a promptly acting drastic purgative and reducing medicine, highly recommended in aggravated *kapha*, *vata* *kapha* and *pitta* *kapha* diseases. It should be avoided in vitiated conditions of *pitta* viz. *raktapitta*, piles, tuberculosis, dysuria and strangury. The aggravated *kapha dosha* giving rise to respiratory problems in children along with constipation, respond well to *Ashwakanchuki*. It also works well in the chronic skin diseases associated with

chronic constipation and aggravation of *kapha dosha*. In liver and splenic disorders, with ascites, this drug is one of the choicest remedy. In liver abscess, this drug is used with *Kutajarishtha*, for better results. The accumulated toxic metabolites in the gastrointestinal tract are cleared off by *Ashwakanchuki*, with great benefit.

Kajjali works well as a rejuvenative, cleansing and antimicrobial. *Jayapala* eliminates accumulated faecal matter, *Triphala* and *Bhringaraj* exert laxative action and a rejuvenating activity. *Haratala* mitigates the *kapha dosha*.

Contraindications : Pregnancy, nursing mother, infants, old age.

Dosage

1-2 tablet; at night, with warm water.

Reference

Bharata Bhaishajya Ratnakara, Vol. 1, F. 344

BALAGUTI**9****Ingredients**125 mg. tablet of *Balaguti* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	8 mg
Pippali	Piper longum	Long pepper	Fruit	8 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	8 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	8 mg
Ativisha	Aconitum heterophyllum	Atis	Root	8 mg
Awartani	Helicturus isora	East Indian screw tree	Fruit	8 mg
Akarkarabha	Anacyclus pyrethrum	Pellitory	Root	8 mg
Karkatshringi	Pistacia integerima	Chinese galls	Gall	16 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	16 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	16 mg
Pravalpishti	Corallium rubrum	Fine powder of processed coral	—	4 mg
Ajasthibhasma	Ovis aries	Calx of goat bones	—	4 mg
Mandurbhasma	Ferroso	Calx of purified dross iron	—	4 mg
Rasa sindur	—	—	—	4 mg
Kumkuma	Crocus sativus	Saffron	Stamen	4 mg

Actions & Indications

The Sanskrit word 'Bala' denotes a child. *Balaguti* is the formulation extremely useful in the diseases of childhood. Age denotes the state of the body as a result of the passage of time. The childhood or the juvenile period, is a state wherein the body elements are immature and *kapha dosha* is preponderating. Hence, in childhood the diseases commonly met due to aggravation of *kapha dosha* are frequently sought. *Balaguti* is one of the best comprehensive formulation that helps throughout the juvenile period to prevent and treat the *kapha doshaja* diseases. Before tabulating, it is first processed with *Kumari* (Aloe) juice.

Ingredients like *Shunthi*, *Pippali*, *Ativisha*, *Rasa sindur* and *Pravalpishti* help alleviating the fever. They also mitigate the *kapha dosha* and hence extremely beneficial in diseases like colds, cough, hiccup, pharyngitis etc. All the herbal ingredients in this formulation are potent *kapha* alleviators and hence the *Balaguti* becomes extremely useful in *kapha* disorders like diarrhoea, dysentery, vomiting, hiccup, anorexia, distaste and respiratory diseases mentioned before. Herbs like *Pippali*, *Bibhitaka* and *Yashtimadhu* are mucolytic, hence help relieving the phlegm, *Akarkarabha* is beneficial for the throat and

mitigates cough of *kapha* origin. The herbs like *Ativisha*, *Karkatashringi* and *Pippali* are useful to digest the *ama*, dry off the *kapha* and alleviate the fever. *Rasa sindur* mitigates *kapha*, relieves the *srotorodha* and is benevolent in dyspnoea due to asthma or pneumonia. *Kunkuma* stokes *agni*, improves digestion and is useful in low *agni*, dyspepsia, vomiting and diarrhoea. *Mandur-bhasma* augments haemoglobin and *Ajasthi-*

bhasma aids the bone tissue. *Pravalpishti* alleviates the *pitta dosha*.

Dosage

1/2-1 to 2 tablets; daily, twice, with honey.

Reference

Proprietary

BHUTABHAIRAV RASA

10

Ingredients

125 mg. tablet of *Bhutabhairav rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha patri haratal	Arsenii trisulphidum	Yellow arsenic purified	—	48 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	19 mg
Amalika	Tamarindus indicus	Tamarind	Fruit	25 mg
Karavellaka	Momordika charantia	Bitter gourd	Fruit	32 mg

Actions & Indications

There are three different combinations of ingredients under the same name *Bhutabhairav rasa*. One is for treating all types of fevers, second is for various skin afflictions and the third is designed for treating epilepsy.

The formulation mentioned above, in the table is for treating various skin disorders. All the ingredients are first processed with *Arkadugdha* i.e. latex of *Calotropis gigantea*, *Snuhi* i.e. *Euphorbia nerifolia* (common milk hedge) and *Rakta rohitaka* i.e. *Tecoma undulata*.

Shuddha patri haratal i.e. yellow arsenic purified, is hot in potency, pungent in the taste, unctuous in attribute and it stokes *agni* well and is one of the best rejuvenatives and imparts the lustrous complexion and prevents ageing. It works well in skin diseases caused by aggravation of *kapha* and *vata doshas*. *Shuddha gandhaka* i.e. purified sulphur is useful in scabies, ringworm infestations, eczema and is known to possess antimicrobial, antidermatoses and rejuvenative properties.

Karavellaka is pungent and bitter in taste, pungent in the post digestive effect and hot in potency. It alleviates *kapha* and *pitta doshas*. It stokes *agni*, alleviates fever and works well as antidermatoses. *Amalika* possesses sour taste and post digestive effect and has hot potency. It alleviates *vata dosha*, augments *agni* and improves digestion. The ingredients used for processing like *Snuhi* and *Arka* as mentioned above, help laxation and cleanse the bowels. It alleviates *pitta dosha* and facilitates *vata* by relieving the constipation.

Bhutabhairav rasa is recommended in skin diseases due to aggravated *kapha dosha*, *vata* disorders, fever and is highly esteemed as a remedy for obstinate skin diseases.

Dosage

1 tablet; 2-3 times a day, with ghee or honey.

Reference

Bharata Bhaishajya Ratnakara, Vol. 3, F. 4959

BOLABADDHA RASA**11****Ingredients**

250 mg. tablet of *Bolabaddha rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Samagandha kajjali	—	Black sulphide of mercury	—	80 mg
Rakta-bola	Commiphora myrrh	—	Resin	120 mg
Amruta sattva	Tinospora cordifolia	Starch of tinospora	Starch	40 mg

Actions & Indications

Bola is of two types, one is *Kala-bola* i.e. black *bola*, which means dried pulp of *Kumari* (*Aloe vera*) and *Rakta-bola* i.e. red *bola* is the gum-resin of *Commiphora myrrh*. The black variety of *bola* is promoting the blood flow, whereas the red variety of *bola* is styptic, i.e. it arrests the bleeding.

Bolabaddha rasa consists of *rakta-bola*, which arrests the bleeding, especially from the uterus. As it enhances the uterine contractions, this formulation works well in menorrhagia to curtail the excessive uterine bleeding. It is beneficial in amenorrhoea to induce menstrual bleeding. *Rakta-bola* is pungent, bitter and astringent in taste, pungent in the post digestive effect and has hot potency. It alleviates *kapha* and *pitta doshas*. As it possesses astringent property, it is extremely beneficial to minimise the excessive uterine bleeding in menorrhagia. It is also salutary in diabetes and blood diseases, associated with menorrhagia.

Amruta sattva i.e. starch obtained from *Guduchi* (*Tinospora cordifolia*), is benevolent to treat menorrhagia, diabetes, burning sensation of the body and aggravation of *pitta dosha*. It also works well as a general tonic in debility. It has a cold potency and helps arresting bleeding. All ingredients in this formulation are processed with decoction of the bark skin of *Shalmali* (*Bombax malabaricum*), which is predominantly astringent and arrests the bleeding. *Kajjali* is useful as antimicrobial, rejuvenative and *yogavahi*.

Bolabaddha rasa is recommended in heavy menstrual bleeding esp. after delivery. It abates the inflammation of uterine cavity and tones up the uterine musculature. It also helps to curb bleeding in urinary tract, piles and in dysentery.

Dosage

1-2 tablet; 2 or 3 times a day, with honey.

Reference

Rasachandanshu, *Striroga*

CHANDRAKALA RASA

12

Ingredients

125 mg. tablet of *Chandrakala rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Parada	Hydrargyrum	Mercury purified	—	4 mg
Gandhaka	Sulphur	Sulphur purified	—	8 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	4 mg
Abhrakbhasma	Creta gallica	Calx of purified mica	—	4 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	14 mg
Guduchi sattva	Tinospora cordifolia	Starch of tinospora	Strach	14 mg
Parpata	Fumaria indica	Common fumitory	Whole plant	14 mg
Ushira	Vetivaria zizanoides	Cuscut grass	Root	14 mg
Chandana	Santalum album	White sandalwood	Heartwood	14 mg
Sariva	Hemidesmums indicus	Indian sarsaparilla	Root	14 mg
Malatilata	Hiptage madablota	—	Root	14 mg
Triturated with:				
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	
Durva	Cynodon dactylon	Burmuda grass	Leaf	
Dadimatvak	Punica granatum	Pomegranate	Fruit skin	
Talamula	Borassus flabellifer	—	Root	
Kurnataka	Barleria prionitis	—	Root	
Kumari	Aloe vera	Indian aloe	Leaf	
Parpata	Fumaria indica	Common fumitory	Whole plant	
Ketaki	Pandanus odorattissimus	Fragrant screw pine	Leaf	
Ushira	Vetivaria zizanoides	Cuscut grass	Root	
Shatavari	Asparagus recemosus	Asparagus	Rhizome	
Marubaka	Origanum majorana	—	Root	
Draksha	Vitis vinifera	Raisins	Raisin	

Actions & Indications

The Sanskrit word '*Chandrakala*' denotes the moon rays, indicating that, it is the drug inducing a cooling effect in the body. The formulation exerts a pacifying effect on vitiated *pitta dosha*, especially on its hot and sharp attributes.

Nearly all ingredients, except *Kajjali* and *Tamrabhasma*, in this drug are cooling and hence, pacifying the *pitta dosha*. *Kajjali* works as a catalyst and rejuvenative. *Tamrabhasma* facilitates the bile secretions. *Abhrakbhasma* pacifies *pitta*

and *vata*. The ingredients like *Dadima*, *Ketaki*, *Shatavari*, *Guduchisatwa*, *Sariva* and *Chandana* alleviate *pitta* and possess a diuretic property. *Katuka* is a potent cholegogue, where as *Mushtaka* digests the *ama*. The raisins alleviate *pitta*, reduce the burning sensation and are *balya* i.e. tonic as well.

As a whole, *Chandrakala rasa* is an excellent remedy in the diseases of aggravated *pitta* by its hot and sharp attributes. It is highly recommended in high fever, *raktapitta* i.e. bleeding diathesis,

urinary disorders with burning micturition, haematuria, dysuria etc. symptoms of aggravated *pitta* like headache, giddiness. It works well with great benefit, in bleeding disorders wherein haemoptysis, haematemesis, haematuria, bleeding per vagina or rectum occurs.

Dosage

1-2 tablet; 2- 3 times a day, with milk.

Reference

Yoga Ratnakara

CHANDRAPRABHA VATI

13

Ingredients250 mg. tablet of *Chandraprabha vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vidanga	Ebelia ribes	Embelia fruits	Fruit	1.8 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	1.8 mg
Maricha	Piper nigrum	Black pepper	Fruit	1.8 mg
Pippali	Piper longum	Long pepper	Fruit	1.8 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	1.8 mg
Pippalimula	Piper longum	Root of long pepper	Root	1.8 mg
Devadaru	Cedrus devdara	Cedarwood	Bark	1.8 mg
Gajapippali	Scindapsus officinalis	Large long pepper	Fruit	1.8 mg
Ativisha	Aconitum heterophyllum	Atis	Root	1.8 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	1.8 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	1.8 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	1.8 mg
Amalaki	Embolia officinalis	Emblic myrobalan	Fruit	1.8 mg
Chavya	Piper chaba	Java long pepper	Fruit	1.8 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	1.8 mg
Karchura	Curcuma zedoaria	Zedoary	Rhizome	1.8 mg
Bhunimba	Swertia chirata	Chiretta	Whole plant	1.8 mg
Haridra	Curcuma longa	Turmeric	Rhizome	1.8 mg
Saindhava	Sodium chloride impura	Rock salt	—	1.8 mg
Krishnalavana	—	Black salt	—	1.8 mg
Yavakshar	Potassii carbonas	Carbonate of potash	—	1.8 mg
Suvarnamakshika bhasma	Ferri sulphuratum	Calx of purified chalcopryrite	—	1.8 mg
Bidlavana	—	Vit salt	—	1.8 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	1.8 mg
Daruharidra	Berberis aristata	Indian berberry	Stem	1.8 mg
Dhanyaka	Coriandrum sativum	Cinnamon bark	Bark	1.8 mg
Sajjikshara	Sodi carbonas	Carbonate of soda (barilla)	—	1.8 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	7.2 mg

Cont..

Sanskrit	Latin	English	Part Used	Quantity
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	7.2 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	7.2 mg
Trivruta	Operculina turpethum	Indian jalap	Root	7.2 mg
Danti	Baliospermum montanum	—	Root	7.2 mg
Vanshalochana	Bambusa arundinacea	Bamboo manna	Resin	7.2 mg
Lohabhasma	Ferrum	Calx of purified iron	—	14.4 mg
Khandasharkara	Sacchrum officinarum	Rock candy	—	28.8 mg
Shilajatu	Asphaltum	Purified asphalt	—	57.6 mg
Guggulu	Balsamodendron mukul	Purified Indian bedellium	Resin	57.6 mg

Actions & Indications

Chandraprabha vati consists of 35-37 ingredients, of which *Shilajatu* and *Guggulu* are the chief ones. It is one of the highly esteemed, divine medicine, for treating genito-urinary diseases in males as well as females. *Guggulu* alleviates *vata*, reduces inflammation and oedema and exerts a potent rejuvenative action. *Shilajatu* is the best rejuvenative, nourishes all *dhatu*s well and boosts the genital system.

Chandraprabha vati is recommended in urinary diseases like nephritis, urolithiasis, pyelitis and

relieves the burning micturition, dysuria and frequency of urination. It works well in diabetes, obesity, menstrual disorders like oligomenorrhoea, menorrhagia, dysmenorrhoea and stimulates ovulation.

Dosage

1-2 tablet; 3 times a day, with warm water.

Reference

Sharngadhar Samhita

Ingredients

125 mg. tablet of Ekangavir contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha gandhaka	Sulphur	Purified sulphur	—	11.3 mg
Shuddha parada	Hydrargyrum	Purified mercury	—	11.3 mg
Kantalohabhasma	Ferrum	Calx of purified magnetite	—	11.3 mg
Nagabhasma	Plumbum	Calx of purified lead	—	11.3 mg
Vangabhasma	Stannum	Calx of purified tin	—	11.3 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	11.3 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	11.3 mg
Tikshnalohabhasma	Ferrum	Calx of purified wrought iron	—	11.3 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	11.3 mg
Maricha	Piper nigrum	Black pepper	Fruit	11.3 mg
Pippali	Piper longum	Long pepper	Fruit	11.3 mg
Processed with:				
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	
Ardraka	Zingiber officinale	Fresh ginger	Rhizome	
Karaskara	Strychnos nux vomica	Nux vomica	Seed	
Shunthi	Zingiber officinale	Dry ginger	Rhizome	
Pippali	Piper longum	Long pepper	Fruit	
Maricha	Piper nigrum	Black pepper	Fruit	
Shigru	Moringa oleifera	Drum stick plant	Bark	
Arka	Calotropis gigantea	Madar	Root	
Nirgundi	Vitex negundo	Five leaved chaste	Root	
Kushta	Alpinia galanga	Greater galangal	Rhizome	
Chitraka	Plumbago zeylanica	Leadwort	Root	
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	
Ardraka	Zingiber officinale	Fresh ginger	Rhizome	

Actions & Indications

Ekangavir consists of various *bhasmas* like *Kantaloha*, *Nag*, *Vanga*, *Tamra*, *Abhraka*, *Tikshna*

loha which work well as *brimhana* (nourishing body tissues), *jivana* (vitalizing) and *rasayana*

(rejuvenating), exerting the potent *vata* alleviating actions. *Kajjali* acts as a rejuvenative, *yogavahi* and antimicrobial, whereas, *Triphala* and *Trikatu* used for processing, alleviate *vata* and *kapha* doshas. The ingredients used for processing like *Ardra*, *Chitraka*, *Shigru*, *Kushtha* and *Nirgundi* help to stoke *agni* well and alleviate *kapha* and *vata* doshas.

Ekangavir is the choicest remedy in *vata* diseases like paralysis due to cerebro-vascular accidents. Various clinical varieties like monoplegia, hemiplegia, paraplegia are seen in cerebro-vascular diseases, often associated with hypertension. In such cases, *Ekangavir* augments

the muscle tone and power. It is also one of the great panacea for sciatica, brachial neuralgia and cervical or lumbar spondylosis wherein nerves are affected, pain is associated and muscular weakness is followed. It also helps in tetanus, to recoupe the paralysis. *Ekangavir* should not be used in aggravated *pitta* conditions.

Dosage

1 tablet; 2 times a day, after food with milk and sugar.

Reference

Rasayoga Sagar

GANDHAKA RASAYANA

15

Ingredients

125 mg. tablet of *Gandhaka rasayana* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha gandhaka	Sulphur	Purified sulphur	—	62.5 mg
Sharkara	Sacchrum officinarum	Sugar	—	62.5 mg
Processed with :				
Godugdha	Lactus	Cow's milk	—	
Guduchi	Tinospora cordifolia	Tinospora	Stem	
Bhringaraja	Eclipta alba	—	Whole plant	
Tvak	Cinnamomum zeylanicum	Cinamon bark	Bark	
Haritaki	Terminali chebula	Chebolic myrobalan	Fruit	
Ardra	Zingiber officinale	Fresh ginger juice	Rhizome	
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	
Amalaki	Emblica officinalis	Emblc myrobalan	Fruit	
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	
Shunthi	Zingiber officinale	Dry ginger	Rhizome	

Actions & Indications

Modern chemistry describes four types of sulphur viz. yellow, white, red and black. Yellow sulphur is used in Ayurveda to prepare medicines for internal use and white sulphur is used for external application. Sulphur (*Gandhaka*) is purified by boiling it in an iron vessel with an equal amount of ghee and when it melts, pouring it into milk.

In *Gandhaka rasayana*, the purified *gandhaka* is further processed with *Chaturjata* (*Ela*, *Tvak*, *Tamalpatra*, *Nagakeshara*) to pacify *pitta dosha*, especially, its hot and sharp attributes, with *Guduchi* to alleviate fever and burning sensation and for diuresis, with *Haritaki* as a rejuvenative,

with *Amalaki* as an aphrodisiac, rejuvenative and antidiabetic, with *Bibhitaka* as an astringent, wound healer and *kapha* alleviator, with *Bhringaraja* as *vata* alleviator and nervine and with *Shunthi* as an appetiser, digestant and haemopoietic. In this way *Gandhaka* undergoes various changes because of processes (*bhavana*) and finally becomes very potent and effective remedy for various disorders.

Gandhaka rasayana is an outstanding formulation useful for blood purifying and to eliminate the accumulated toxic metabolites. It is the choicest remedy for various skin disorders like scabies, eczema, ringworm, furuncles and umpteen

dermatoses. It is indicated in the diseases associated with the burning sensation, wherein intensity of *pitta* is increased. It is recommended in tonsillitis, pharyngitis, gonorrhoea, syphilis especially in syphilitic joint afflictions and bleeding gums. It also works well in mucopurulent conjunctivitis. It clears off the sepsis and dries off the oozing from the wounds and promotes the

healing. It should be taken with sugar (added in the formulation).

Dosage

1 tablet; 2 or 3 times a day, with milk.

Reference

Yoga Ratnakara

GRAHANIKAPAT RASA

16

Ingredients

125 mg. tablet of *Grahanikapat rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Jatiphala	Myristica fragrans	Nutmeg	Fruit	20.8 mg
Tankana	Sodi biboras	Purified sodium borate	—	20.8 mg
Abhrakbhasma	Creta gallica	Calx of purified mica	—	20.8 mg
Shuddha dhatura bija	Datura stramonium	Thorn apple seed purified	Seed	20.8 mg
Ahiphena	Papaver somniferum	Opium purified	Seed	41.6 mg

Actions & Indications

Under the name '*Grahanikapat*' there are 27 different formulations in the Ayurvedic scriptures. In treating *sangrahani* i.e. colitis, the *Parpati* preparations are beneficial in chronic colitis, whereas *Kajjali* preparations are preferred in the fresh cases of colitis.

The chronic non-specific diarrhoeal conditions with malabsorption syndrome popularly known in Ayurveda as '*grahani roga*' is treated by *dipana* (stoking *agni*), *pachana* (improving digestion by digestants) and anti-*atisara* (anti-diarrhoeal) remedies. The main morbid factor in *grahani roga* is considered to be the *agni*. Hence restoration of *agni* is the principal concern in the management of *grahani roga*. Because of low *agni*, digestion gets impaired and causes pathological changes in *grahani* itself, which in turn causes improper digestion leading to more acidic and undigested metabolic end products. This in turn, further vitiates the *grahani* itself and completes the vicious cycle. Irritable bowel syndrome is comparable with the Ayurvedic descriptions of *vatika grahani*, chronic colitis with

kaphaja grahani and amoebic colitis with *pittaja grahani*.

The ingredinets like *Jatiphala* works as a potent astringent-antidiarrhoeal, appetiser, digestant and alleviates *vata* and *kapha doshas*. *Tankana* digests the *ama*, *Abhraka bhasma* is beneficial as a rejuvenative, alleviates mental stress, facilitate the nourishment of body tissues and is a catalyst. The seeds of *Dhattura* curb the peristalsis, relieve the abdominal colicky pains and adsorb the *kleda* and *kapha*. *Ahiphena* is extremely useful as an anti-diarrhoeal as well as anticolic. *Grahanikapat* is recommended in diarrhoea, abdominal pain, indigestion and irritable bowel syndrome.

Caution : Avoid large dosage, as it contains opium and *Dhattura* which are narcotic.

Dosage

1-2 tablet; 2-3 times a day, with warm water or honey.

Reference

Rasachandanshu

Ingredients

250 mg. tablet of *Ichchabhedi* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Samagandha kajjali	—	Black sulphide of mercury	—	80 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	15.5 mg
Tankana	Sodii biboras	Borax purified	—	15.5 mg
Jayapala	Croton tiglium	Croton seeds	Seed	47 mg
Maricha	Piper nigrum	Black pepper	Fruit	15.5 mg

Actions & Indications

Ichchabhedi and *Ashwakanchuki*, both the formulations consist few similar ingredients in common. *Ichchabhedi* contains *Jayapala*, nearly by three times more in the amount. Hence, this formulation is indicated where drastic purgation is desired e.g. in chronic constipated patients. Otherwise, the indications for both the formulations are nearly the same. All the ingredients mentioned above in the table are first triturated with lime juice and then finally are tableted. There are nearly 17-18 different formulations of *Ichchabhedi* in various Ayurvedic scriptures. This composition is recommended in ascites (*udara*) especially of *kapha* predominant type (*kaphaja udara*); wherein excessive accumulated fluids in extraperitoneal cavity are to be taken out of the body.

Ichchabhedi rasa is a drastic purgative preparation, alleviates the abdominal pain, mitigates the toxic metabolites in the *grahani*, hence, highly esteemed as a remedy for ascites. *Kajjali* works well as a catalyst and rejuvenative.

Jayapala is a well known drastic purgative. *Tankana* helps to curb the intestinal colicky pain. *Shunthi* and *Maricha* stoke *agni* well and enhance the digestion. It also alleviates the nausea, caused by *Jayapala*. As *Jayapala* causes abdominal colicky pains, it is advised to use warm water as a media of intake, as warm water alleviates the *vata dosha*.

Ichchabhedi rasa is also recommended in diseases wherein purgation is desired e.g. skin afflictions caused by vitiation of blood, hiccup due to excessive accumulation of *pitta* and *kapha doshas* in the stomach, *vata* diseases like *akshepaka*, *apatranaka* and *apatana* associated with the aggravation of *kapha dosha*. It also works well in hepatosplenomegaly and anasarca.

Dosage

1-2 tablet; at night, with warm water.

Reference

Bharata Bhaishajya Ratnakara, Vol 1, F. 466

KAMADUDHA – MOUKTIKAYUKTA

18

Ingredients

125 mg. tablet of *Mouktikayukta kamadudha* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarnagairika	Kaolinum	Purified ochre	17.5 mg
Guduchi sattva	Tinospora cordifolia	Starch of tinospora	17.5 mg
Kapardikabhasma	Cyprea moneta	Calx of purified cowrie shells	17.5 mg
Shankhabhasma	Trubinella pyrum	Calx of purified conch shells	17.5 mg
Shouktikabhasma	Pinctada vulgaris	Calx of purified pearl oyster shells	17.5 mg
Pravalbhasma	Corallium rubrum	Calx of purified coral	17.5 mg
Mouktikabhasma	Mytilus margaritiferus	Calx of purified pearls	17.5 mg

Actions & Indications

Kamadudha is one of the outstanding medicine, cooling to digestive and circulatory system and soothing to urinary and nervous system. Addition of *Mouktika bhasma* (pearls) potentiates its cooling effect, pacifies *pitta dosha* more by curtailing its sharp attribute and exerts a mild diuretic effect. All the ingredients are processed with rose water and hence it adds to cooling effect on *pitta dosha*.

Kamadudha contains *Samudra panchaka* i.e. five ingredients obtained from the sea source viz. *Mouktika* (pearl), *Praval* (coral), *Shouktika* (oyster shell), *Kapardika* (cowrie shells) and *Shankha* (conch). All these exert a potent pacifying effect on *pitta dosha* and hence, the formulation becomes one of the best remedy for *amlapitta* (hyperacidity) and *parinama shula* (peptic ulcer). Additionally, *Gairika* (red ochre) and *Guduchi sattva*, a starch of *Tinospora cordifolia* exert additive effect for pacifying the vitiated *pitta dosha*. All the ingredients from sea source are rich in calcium, hence impart a potent antacid action and also are *balya* (tonic). *Mouktika* is a mild diuretic, cooling and pacifies the sharp attri-

bute of the blood. *Praval* also exerts the similar effects, in addition, it alleviates *kapha dosha*. *Shouktika* is bitter in taste, cooling and curbs *pitta*. It is digestant and styptic also. *Kapardika* alleviates *vata* and is beneficial in peptic ulcer and colitis to relieve the abdominal pain. *Shankha* is cooling, astringent, antacid, digestant and works well in colitis and peptic ulcer and also limits the diarrhoea. *Guduchi sattva* alleviates the burning sensation of the hands feet and eyes. It alleviates chronic fever, loss of appetite, menorrhagia, diabetes and general debility. It nourishes all the body tissues and imparts a rejuvenating action.

Kamadudha is recommended in bleeding diathesis (*raktapitta*), hyperacidity (*amlapitta*), diarrhoea, dysuria, pregnancy vomiting, menorrhagia, stomatitis etc.

Dosage

1-2 tablet; 3 times a day, with milk.

Reference

Rasayoga Sagar

KANAKASUNDAR 19

Ingredients

125 mg. tablet of *Kanakasundar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Hingula	—	Purified cinnabar	—	17.8 mg
Maricha	Piper nigrum	Black pepper	Fruit	17.8 mg
Gandhaka	Sulphur	Purified sulphur	—	17.8 mg
Pippali	Piper longum	Long pepper	Fruit	17.8 mg
Tankana	Sodii biboras	Purified sodium borate	—	17.8 mg
Vatsanabha	Aconitum ferox	Monk's hood purified	Root	17.8 mg
Dhattura bija	Datura stramonium	Purified datura seed	Seed	17.8 mg

Actions & Indications

Kanakasundar is a notable medicine for treating dental diarrhoea in infants. All the ingredients in the table, mentioned above are processed with the decoction of *Bhanga* for seven days, and then finally tableted. *Kanakasundar* is also known as *Hemasundar* or *Kanakaprabha*.

Hingula helps to digest the *ama* and works as an antimicrobial agent. *Dhattura* is a potent pain-killer, dries off the congestion in the intestinal mucous membranes and regulates the peristalsis. *Tankana* relieves the pains and exerts a mild antimicrobial activity. *Vatsanabha* is analgesic and antipyretic, which helps to relieve the pain and fever. The ingredients like *Pippali* and *Maricha* exert an appetiser and digestant action. *Gandhaka* is a well known rejuvenative and works well as a catalyst. As a whole, *Kanakasundar* is recommended in dental diarrhoea in infants,

diarrhoea, loss of appetite and diarrhoea associated with fever.

In children, during dentation period, the symptoms like agitation, indigestion, flatulence, vomiting, diarrhoea etc. are due to aggravation of *vata dosha*. *Dhattura* alleviates the *vata dosha* and low grade fever also. In colitis, without *ama*, *Kanakasundar* is rewarding, especially in *vataja* type of *grahani*. It also is the best panacea for *vata* and *kapha* types of diarrhoea. In low *agni*, impaired digestion and diarrhoea, *Kanakasundar* is extremely salutary.

Dosage

1 tablet; 2-3 times daily, with warm water or buttermilk.

Reference

Bhaishajya Ratnavali, *Jwaratisaradhikar*

KANKAYAN VATI

20

Ingredients

250 mg. tablet of *Kankayan Vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	13 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	2.6 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seeds	Seed	2.6 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	2.6 mg
Pippalimula	<i>Piper longum</i>	Root of long pepper	Root	5.2 mg
Chavya	<i>Piper chaba</i>	Java long pepper	Fruit	10.4 mg
Chitraka	<i>Plumbago zeylanicum</i>	Ledwort	Root	13 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	20.8 mg
Bhallataka	<i>Semecarpus anacardium</i>	Marking nut	Fruit	41.6 mg
Surana	<i>Amorphophallus campanulatus</i>	Elephant foot yam	Rhizome	5.2 mg
Yavakshara	<i>Potassii carbonas</i>	—	—	5.2 mg
Guda	<i>Sacchrum officinarum</i>	Jaggery	—	124.8 mg

Kankayan vati is a cardinal remedy for non-bleeding haemorrhoids (piles). Clinically, the piles are classified into dry piles and bleeding piles. According to Ayurveda, it is categorised into *vataja*, *kaphaja*, *pittaja* and *raktaja arsha* (piles) and combinations of two *doshas* and *sannipatika*, wherein the signs and symptoms of all the three *doshas* are met with. The herbs, which are highly praised for treating non-bleeding and bleeding piles are *Bhallataka* and *Kutaja*, respectively. *Kankayan vati* consists of *Bhallataka*, which is extremely salutary for treating dry or nonbleeding piles.

Arsha, *grahani* and *atisara*, according to Ayurvedic postulates, are the diseases originating from *agnimandya* i.e. low *agni*. Hence, in treating the piles, stoking the *agni* and alleviation of *agnimandya* is the prime essential factor. The

ingredients like *Shunthi*, *Maricha*, *Pippali*, *Chavya*, *Chitraka*, *Surana* and *Bhallataka* are very useful to enhance the *agni*. *Surana* and *Haritaki*, in addition exert a mild laxative action and relieve the constipation. *Yavakshara* alleviates *kapha* and *vata doshas*, exerts a mild laxative action and facilitate *vata* in proper direction. *Jiraka* boosts the *agni*, abates the flatulence and relieves the abdominal pain. It alleviates *kapha* and *vata doshas*. *Kankayana vati* is recommended in non-bleeding piles, flatulence, anorexia, anaemia, useful as a tonic and improves the complexion of skin.

Dosage

1-2 tablets; 3 times daily, with warm water.

Reference

Yoga Ratnakara

Ingredients

250 mg. tablet of *Khadiradi vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Khadira	Acacia catechu	Catechu	Extract	62.5 mg
Pushkaramula	Inula racemosa	—	Root	3.9 mg
Karkatshringi	Pistacia integerima	Chinese galls	Gall	3.9 mg
Kayaphala	Myrica nagi	Box myrtle	Fruit	3.9 mg
Bharngi	Clerodendron serratum	Beetle killer root	Root	3.9 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	3.9 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	3.9 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	3.9 mg
Maricha	Piper nigrum	Black pepper	Fruit	3.9 mg
Pippali	Piper longum	Long pepper	Fruit	3.9 mg
Ativisha	Aconitum heterophyllum	Atis	Root	3.9 mg
Mishreya	Foeniculum vulgare	Fennel seeds	Seed	3.9 mg
Dhanvayas	Fagonia cretica	Khorasan thorn	Whole	3.9 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	3.9 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	3.9 mg
Bruhati	Solanum indicum	Indian night shade	Root	3.9 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	3.9 mg
Processed with :				
Dadimatvak	Punica granatum	Pomegranate fruit bark	Bark	
Babulatvak	Acacia arabica	Gum arabic tree bark	Bark	
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	
Vasa	Adhatoda vasica	Malabar nut	Root	
Khadiratvak	Acacia catechu	Catechu bark	Bark	
Ardra	Zingiber officinale	Fresh ginger juice	Rhizome	

Actions & Indications

Khadiradi vati is a chewable tablet form (lozenges), a popular preparation used in sore throat and hoarseness of voice, especially of *kapha* origin. *Khadira* is bitter and astringent in taste, pungent in post digestive effect and has a

cold potency. It alleviates *pitta* and *kapha doshas*. The bark skin and the extract (catechu) are used for medicinal purpose. The extract is astringent, cooling, digestant and styptic in properties. It works well in halitosis as a mouth odourant,

improves the taste sensation, mitigates *kapha*, alleviates the cough and asthma. Because of its predominant as astringent attribute, it arrests the bleeding from the gums and is also salutary in stomatitis to promote healing of stomal ulcers. It also improves the voice by mitigating the *kapha dosha* and hence, the phlegm. It adsorbs the mucous secretions and keeps the throat clean. It is a very famous formulation often, used by singers and announcers.

All other ingredinets alleviate *kapha dosha* and the ingredients used for (*bhavana*) potentiate the properties of the formulation.

Dosage

1-2 tablet; chewed 3-4 times a day.

Reference

Yoga Ratnakara, *Kasa*

Ingredients

250 mg. tablet of *Krumikuthar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	11.3 mg
Maricha	Piper nigrum	Black pepper	Fruit	11.3 mg
Pippali	Piper longum	Long pepper	Fruit	11.3 mg
Hingu	Ferula foetida	Asafoetida	Resin	11.3 mg
Saindhava	Sodium chloride impura	Rock salt	—	11.3 mg
Krishnalavana	—	Black salt	—	11.3 mg
Jiraka	Cumminum cyminum	Cumin seeds	Seeds	11.3 mg
Ajamoda	Carum copticum	Ajowan	Seeds	11.3 mg
Haritaki	Terminalia chebula	Embelia fruits	Fruit	11.3 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	11.3 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	11.3 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	11.3 mg
Shuddha guggulu	Balsamodendron mukul	Purified Indian bedellium	Resin	11.3 mg
Krishnabola	Aloe vera	Musabbar	Extract	11.3 mg
Haridra	Curcuma long	Turmeric	Rhizome	11.3 mg
Koshta	Alpinea galanga	Greater galangal	Root	11.3 mg
Rasona	Allium sativum	Garlic	Bulb	11.3 mg
Shuddha gandhaka	Sulphur	Sulphur purified	—	11.3 mg
Latakaranja	Caesalpinia crista	Fever nut	Fruit	11.3 mg
Indrayava	Holarrhena antidysenterica	Kurchi seeds	Seeds	11.3 mg
Khadira	Acacia catechu	Cutch bark	Bark	11.3 mg
Palasha	Butea frondosa	Bengal kino seed	Seed	11.3 mg

Actions & Indications

Krumikuthar is one of the noteworthy formulation used in treating the intestinal worm infestations. Ayurveda nomenclates 20 different varieties of *krumi* (worms) and states that because of faulty diet and behaviour, there is low *agni* which is the root cause, leading to aggravation of all *doshas*

and formation of *ama*, which finally helps the *krumi*s to grow. *Kaphaja krumi* cause diarrhoea or constipation, nausea, pruritus, anorexia, large abdomen, low grade fever, depigmentation of face etc. Other varieties like *raktaja krumi*, *purishaja krumi* etc. are also vividly described in

Ayurvedic texts. It treating any type of worm infestation, to enhance the *agni* is the prime requirement.

Ingredients like *Shunthi*, *Maricha*, *Pippali*, *Chitraka*, *Rasona*, *Guggulu* and salts are benevolent to boost the *agni*. Herbs like *Vidanga*, *Palasha*, *Indrayava*, *Ajamoda* are well known anthelmintics. *Hingu*, *Rasona*, *Vidamga*, *Jiraka* help to improve *agni*, digestion and relieve the flatulence caused by *vata*.

Ayurvedic remedies for intestinal worm infestations do not only expel the worms, but also care to prevent the cyclic proliferation of worms. It works in preventive and curative ways, as well.

Dosage

1-2 tablet; 2 or 3 times a day, with honey.

Reference

Rasachandanshu, *Striroga*

KRUMIMUDGAR RASA

23

Ingredients

125 mg. tablet of *Krumimudgar rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Parada	Hydrargyrum	Purified mercury	—	5.8 mg
Gandhaka	Sulphur	Purified sulphur	—	11.6 mg
Ajamoda	Carum copticum	Ajowan	Seed	17.4 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	23.2 mg
Karaskara	Strychnos nux vomica	Nux vomica purified	Seed	29 mg
Palashabija	Butea frondosa	Bengal kino seed	Seed	34.8 mg

Actions & Indications

This is another preparation for treating the intestinal worm infestations. It contains *rasa* i.e. mercury in a form of *Kajjali*, which works as a catalyst (*yogavahi*), rejuvenative (*rasayani*) and antimicrobial (*jantughna*). Many a times, routinely used deworming or anthelmintic preparations fail to eradicate the intestinal worms because of disturbed motility of intestines due to severe debility and loss of tone of smooth muscles. *Krumimudgar rasa* consists of *Karaskara* i.e. *Strychnos nux vomica*, which improves the tone of smooth muscles of the intestine and boosts the peristalsis. This enables the expulsion of worms through faeces, easily.

Kajjali exerts a mild laxative action in addition and *Ajamoda* stokes *agni* well and enhances the digestion. All the ingredients before tableting are processed with the decoction of *Mushtaka* (nut grass) which boosts the *agni* and digests *ama* also.

The ingredients like *Vidanga* and *Palasha* seeds are cardinal anthelmintic herbs.

Krumimudgar rasa is a potent preparation, beneficial for *kaphaja* and *purishaja* types of *krumi* (worms). The chronic worm infestations cause nausea, vomiting, distaste, flatulence, dull abdominal pain, impaired digestion which leads to debility, pallor, distention of abdomen. *Krumimudgar rasa* is an effective panacea for all types of worms.

Caution : Avoid large dosage, as it contains strychnine-*Karaskara* (*Strychnos nux vomica*).

Dosage

1-2 tablet; 3 times a day, with warm water.

Reference

Yoga Ratnakara

LAGHU MALINI VASANTA

24

Ingredients

250 mg. tablet of *Laghu malini vasanta* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rasaka	Zinci carbonas	Calamine	—	166 mg
Maricha shweta	Piper nigrum	White Pepper	Fruit	83 mg

Actions & Indications

Laghu malini vasanta is one of the best preparation, useful in pregnancy and children as a tonic. The purified *Rasaka* (also called as *Kalakhapari*) is taken in two parts and white pepper fruits in one one part, are triturated. Then butter is added to it and all this mixture is triturated together, till the oiliness of the butter is reduced. After this, fresh lemon juice is added to it and the trituration is continued for 42 days. Finally, it is tableted and used as medicine.

Rasaka, the mineral, with chemical constituent like zinc carbonate ($ZnCO_3$), is used in this preparation. In practice, instead of this, the red tiles of Mangalore variety are used. *Rasaka*, available in the market today, contains iron instead of zinc. Leaving aside the controversy, *rasaka* alleviates *kapha* and *pitta doshas*. It is useful in diabetes, tuberculosis and in diseases of eyes. It augments the iron contents in the body and strengthens it. *Rasaka* augments the *dhatv-agnis* and helps in proper nourishment of *rasa*, *rakta* and *mamsa dhatu*. *Maricha* also stokes *agni* well and improves the digestion. It specially

augments *mamsa dhatvagni* and promotes the nourishment of the muscle tissue in the body. Both these ingredients are hot and dry in attributes, hence, are processed with butter. The lemon juice enhances the digestion.

Laghu malini vasanta is recommended in chronic fever with splenic enlargement, along with honey and *Pippali*. In anaemia it is given with *Mandur bhasma*. In children, because of low *dhatvagni*, there is a failure to thrive. This compound works well to boost their *dhatvagni* and improve their general health. It also works well during pregnancy, as it reduces the uterine debility and improves digestion, nourishes all the body tissues and increases the body weight, if nutritional supplements are added.

Dosage

1-2 tablet; 2-3 times a day, with butter, sugar or milk.

Reference

Yoga Ratnakara

Ingredients

250 mg. tablet of *Laghu sutashekhar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Suvarna gairika	—	Haematite	Mineral	160 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	80 mg

Actions & Indications

Purified *Suvarna gairika* and powder of dried ginger, are mixed together in 2:1 proportion and the mixture is processed with the juice of betel nut leaves. The mixture is triturated for about three days and then tableted. The leaves of betel nut, i.e. *Nagavalli* (piper bettle), are appetiser and digestant.

Laghu sutashekhar is one of the best panacea for *amlapitta* (hyperacidity). *Amlapitta* is the common most disorder. The aetiological factor, low *agni*, is taken care of by *Shunthi*. It stokes the *agni* well and digests the *ama* also. It facilitates *vata* by *anulomana* and alleviates the flatulence and abdominal pain. *Shunthi* is pungent, unctuous, hot and light. Because of its sweet post digestive effect, it curbs the aggravation of *pitta dosha*. *Suvarna Gairika* is sweet and astringent in taste, pungent in the post digestive effect and has a cold potency. It pacifies *pitta dosha* and helps as a tonic (*balya*) also. It

works well as an antitoxin and mitigates the *ama*. It reduces the diarrhoea by its astringent property. It imparts a styptic activity and arrests the nasal bleeding caused by aggravated *pitta*.

Laghu sutashekhar is beneficial in *amlapitta*, wherein the sharp attribute and acidity (*amlata*) of *pitta* is aggravated. It is beneficial in migraine, headache due to aggravated *pitta*, insomnia, burning hands and feet, epistaxis, nausea and vomiting etc. The ingredients of *Sutashekhar* and *Laghu sutashekhar* are entirely different. *Laghu sutashekhar* is a highly esteemed panacea for *amlapitta* (hyperacidity or acid-peptic diseases).

Dosage

1-2 tablet; 2 or 3 times a day, with lemon water.

Reference

Proprietary

LASHUNADI VATI

26

Ingredients

250 mg. tablet of *Lashunadi vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rasona	Allium sativum	Garlic	Bulb	35 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	35 mg
Maricha	Piper nigrum	Black pepper	Fruit	35 mg
Pippali	Piper longum	Long pepper	Fruit	35 mg
Hingu	Ferula foetida	Asafoetida	Resin	35 mg
Saindhava	Sodium chloride impura	Rock salt	—	35 mg

Actions & Indications

Lashunadi vati is used with great benefit in anorexia and dyspepsia. *Lashuna* i.e. garlic is highly esteemed as an appetiser and deflatulent. *Rasona* (garlic) is a well known food item, used by millions of people all over the world for thousands of years. The Sanskrit word '*Rasona*' literally means (*rasa + oona*) lacking one taste, as it contains all the tastes except sour. It is predominant in pungent and sweet taste and has pungent post digestive effect. The potency of *Rasona* is hot. It possesses unctuous, sharp, heavy, laxative and slimy attributes. It alleviates the *kapha* and *vata doshas*, but vitiates the *pitta dosha* and *rakta dhatu* (blood).

Shunthi, *Maricha* and *Pippali*, (*Trikatu*), together, exert *kapha* and *vata* alleviating action. It boosts the *agni*, digests *ama* and works well to improve the digestion. *Hingu* exerts a deflatulent activity and relieves the abdominal pains, improves the digestion. *Saindhava* augments the *agni* and

boosts the appetite. *Gandhaka* is a rejuvenative and works well as a catalyst.

As a whole, this formulation is extremely salutary in symptoms like loss of appetite, indigestion, nausea, flatulence etc. due to low *agni* and indigestion. Sometimes, due to excessive accumulation of the gas (flatulence), there is a feeling of heaviness or oppression in the chest, because of gas under the diaphragm. *Lashunadi vati* helps to relieve this flatulence by facilitating the *vata* in proper direction. In such condition, the drug should be taken along with warm water, as it promotes alleviation of *vata*. Excessive dosages aggravate *pitta*.

Dosage

1-2 tablet; 2 or 3 times a day, with warm water.

Reference

Proprietary

LAVANGADI VATI

27

Ingredients

125 mg. tablet of *Lavangadi vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Lavanga	Caryophyllus aromaticus	Clove	Flower bud	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	20 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	20 mg
Khadira	Acacia catechu	Catechu	Resin	20 mg

Actions & Indications

Lavangadi vati is a popular preparation in the form of lozenges, commonly used for the ailments of throat. All the ingredients in this formulation are first processed with the decoction of the bark skin of *Babbula*.

All ingredients in this formulation are *kanthya* i.e. beneficial for the throat, *shwasa-kasaghna* i.e. alleviating asthma and cough and *kapha* alleviators. *Babbula* is astringent and hence, promotes the healing of ulcers in the mouth in stomatitis. *Lavanga* is pungent and bitter in the taste, pungent in post digestive effect and has cold (not hot) potency. It alleviates *kapha* and *pitta doshas*, relieves the thirst, augments the appetite, relieves the blocked mucous (mucolytic) and thus beneficial in cough and asthma. It also reduces the hyperacidity. *Lavanga* mitigates *kapha dosha* by its pungent and bitter tastes though it has a cold potency. *Maricha* alleviates *kapha* and *pitta doshas*, mitigates and relieves the blocked phlegm and so is useful in cough and asthma. *Bibhitaka* is a well-know mucolytic fruit,

eases the throat by relieving the mucous and curbs cough and asthma. *Khadira* is astringent and dry, thus is beneficial in hoarseness of voice, stomatitis, halitosis and sore throat.

Lavangadi vati, as it consists of the herbs beneficial for throat, by relieving mucous, mitigating *kapha dosha*, reducing cough and relieving asthma, is highly recommended in the afflictions of throat like pharyngitis, laryngitis, hoarseness of voice, cough and asthma. It works in dry cough as well as it relieves the blocked phlegm. Chewing the tablets of *Lavangadi vati* soothes the throat, reduces irritation, abates the bouts of cough and helps relieving the bronchospasm in asthma. It is beneficial in *kapha* and *vata* types of affections of throat.

Dosage

1-4 tablets; to be chewed 3-4 times a day.

Reference

Proprietary

LAXMINARAYAN RASA

28

Ingredients

125 mg. tablet of *Laxminarayan rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Hingula	—	Purified cinnabar	—	12 mg
Gandhaka	Sulphur	Purified sulphur	—	12 mg
Tankana	Sodii biboras	Purified sodium borate	—	12 mg
Vatsanabha	Aconitum ferox	Purified aconite	Root	12 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	12 mg
Ativisha	Aconitum heterohyllum	Atis	Root	12 mg
Pippali	Piper longum	Long pepper	Fruit	12 mg
Kutaja	Holarrhena antidysenterica	Kurchi bark	Bark	12 mg
Saindhava	Sodium chloride impura	Rock salt	—	12 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	12 mg
Processed with :				
Dantimula	Baliospermum montanum	Root		
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Amalaki	Embolica officinalis	Emblc myrobalan	Fruit	

Actions & Indications

Laxminarayan rasa is the choicest remedy for high fevers, as it consists of potent antipyretic ingredients and antimicrobial constituents. As a whole, it mitigates the toxic metabolites and alleviates the fever of *rasa* and *rakta dhatu* origin. *Gandhaka* is a good digestive, rejuvenative, tonic and alleviates the vitiated *dosha*, especially, at the site of skin. *Tankana* mitigates the metabolic toxins and is an antimicrobial. *Vatsanabha* is diaphoretic and a well-known antipyretic herb. *Hingula* works well as a tonic, rejuvenative and antimicrobial. *Katuka* is a potent cholegogue, liver stimulant and hepatoprotective herb. *Ativisha* also exerts the hepatotrophic action and

also alleviates fever. *Pippali* is stimulant, digestant and rejuvenating. *Kutaja* mitigates the *ama* from the intestines. *Abhraka* is well-known as a cardiac tonic, rejuvenative and facilitates the nourishment of all the seven tissues (*dhatu*s). *Saindhava* works well as a digestant. All ingredients are finally processed with *Triphala* and *Danti* root, which helps to cleanse the bowels and alleviate the toxic metabolites from the gastrointestinal tract.

Laxminarayan rasa is recommended in high fevers, especially, when they become chronic. In such cases, the toxic metabolites accumulated in

the intestine cause vitiation of *rasa* and *rakta dhatus*. This formulation consists of ingredients which detoxify these toxins and also contain antipyretic, antimicrobial and *ama* digesting constituents. Hence, it is useful in puerperal fever of septic aetiology, high fever with chronic colitis and diarrhoea, relapsing fever, high fever associated in *vata* diseases, cough etc.

Dosage

1-2 tablet; 2 times a day, with honey or ginger juice.

Reference

Bhaishajya Ratnavali

LOKANATH RASA

29

Ingredients

125 mg. tablet of *Lokanath rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kapardikabhasma	Cyprea moneta	Calx of purified cowrie shells	—	35.7 mg
Shankhabhasma	Turbinella pyrum	Calx of purified sacret conch shells	—	35.7 mg
Kajjali	—	Black sulphide of mercury	—	35.7 mg
Maricha	Piper nigrum	Black pepper	Fruit	17.8 mg

Actions & Indications

Lokanath rasa is one of the supreme drug useful, especially, in *kaphaja* constitution, with aggravated *kapha dosha*. First of all the *Kajjali* is prepared and poured it into cowrie shells and then given intense heat. Further, *Shankha bhasma* and *Maricha* are added. Then, the whole preparation is processed with lemon juice and finally tableted. Sometimes, *Tankana* and *Suvarna* are also added to potentiate the formulation.

Lokanath rasa is the choicest remedy for chronic colitis, especially, associated with aggravation of *kapha dosha* and *ama* formation. All the ingredients help to stoke *agni* well, mitigate the *kapha dosha* and digest the *ama*. It also works well in chronic diarrhoea and dysentery. The respiratory disorders like cough, colds originated from the aggravated *kapha dosha* respond well to this preparation. In tuberculosis with large cavitation, when the signs and symptoms of

aggravated *kapha* are seen like anorexia, pallor, lassitude, distaste, cough, excessive salivation etc. this preparation works with great benefit. It also is useful in renal and liver abscesses. The cervical lymphadenitis and mesenteric lymphadenitis in tuberculosis is decimated with *Lokanath rasa*. In skin afflictions associated with itching, due to *kapha* aggravation, it works effectively. It is also salutary in puerperal fever of septic origin. Anorexia due to aggravation of *kapha dosha* responds well to this preparation.

Caution : Heavy doses cause bleeding, insomnia, hiccup, abdominal pain etc.

Dosage

1 tablet; 2-3 times a day, with buttermilk.

Reference

Yoga Chintamani, A-7

MADHU MALINI VASANT**30****Ingredients**

125 mg. tablet of *Madhu malini vasant* contains approx. :

Sanskrit	Latin	English	Part	Used Quantity
Hingula	—	Purified cinnabar	—	52 mg
Karchura	Curcuma zedoaria	Zedoary	Rhizome	13 mg
Maricha (Shweta)	Piper nigrum	Pepper	Fruit	13 mg
Priyangu	Callicarpa macrophylla	—	Fruit	13 mg
Maricha	Piper nigrum	Black pepper	—	13 mg
Kukkuta anda	Gallus domesticus	Eggs yolk	—	26 mg

Actions & Indications

Madhu malini vasant is one of the choicest formulation beneficial to infants, pregnant women, children with general and muscular debility. First, purified *Hingula* is processed with the juice of pomegranate (*Dadima - Punica granatum*) for seven days. The *Hingula* is fried with egg yolk and matted well. To this mixture, *Maricha*, *Karchura* and *Priyangu* are added and triturated and processed with the lemon juice for seven times. Finally, it is tableted and the preparation gets ready. (Sometimes with *Hingula*, *Rasaka* is also added in equal quatity).

Hingula is a rejuvenative, tonic, appetiser and alleviates all the three *doshas*. The properties of egg yolk are beneficial for *ojas* and it helps the foetal growth by its unctuous and nourishing attributes. *Maricha* stokes *agni*, because of its sharp attribute reaches the subtle body channels and nourishes the tissues. It also helps the digestion of egg yolk because of its hot attribute.

Priyangu alleviates the fever, pacifies the *pitta dosha* and is beneficial in pregnancy. *Karchura* alleviates *vata* and fever as well. The pomegranate juice pacifies the *pitta dosha* and is haemopoetic. As a whole, *Madhu malini vasant* is a nutritive and nourishing tonic and augments the *ojas*.

Madhu malini vasant is highly recommended for infants who are unable to receive the breast milk, for example, in the disease called as '*Parigarbhika*'. It also works well in rickets, beneficial in pregnancy with debility, leucorrhoea, anaemia, convalescence, tuberculosis, asthma, chronic cough and fever and as a general tonic.

Dosage

1-2 tablet; 2-3 times daily, with honey.

Reference

Rasayoga Sagar

MAHAGANDHAKA YOGA

31

Ingredients

250 mg. tablet of *Mahagandhaka yoga* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	50 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	50 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	50 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	50 mg
Jatipatri	Myristica fragrans	Nutmeg	Mace	50 mg

Actions & Indications

Mahagandhaka yoga is a boon to children and women in post-partum period, as it is beneficial for treating puerperal diseases. First, the *Kajjali* is prepared and other ingredients like *Jatiphala*, *Lavanga* and *Jatipatri* are added and triturated together till the fine paste is formed. It is wrapped in the leaves of banana tree and on the outer side nearly one inch thick paste of mud is covered. Then it is treated with heat till outer layer of mud becomes red. It is cooled and the drug from inside is taken and finely powdered and tableted.

Kajjali is rejuvenative and works well as a catalyst in this preparation. It also possesses antimicrobial property and hence, is useful in puerperal sepsis. *Jatiphala* is bitter and pungent in taste, pungent in the post digestive effect and has hot potency. It is light, sharp and unctuous in attributes. It alleviates *kapha* and *vata doshas*. It stokes *agni*, works as a digestive, stimulant and thus is beneficial in anorexia, indigestion, colitis, intestinal worm infestations and distaste. As it is astringent,

it is salutary in diarrhoea, dysentery and colitis. It mitigates aggravated *kapha dosha*, hence, is beneficial in colds, cough, asthma, sinusitis and hiccup. *Jatipatri* adds to the properties of *Jatiphala*. *Lavanga* has similar attributes to those of *Jatiphala* and alleviates *kapha* and *pitta doshas*. It boosts the *agni*, enhances digestion, improves the taste sensation and alleviates dyspepsia, vomiting, cough, asthma and diseases of the throat. It is also salutary in colitis.

Mahagandhaka yoga, as a whole, works well as an antiseptic, hence, is extremely benevolent in puerperal diseases. It is the best remedy for diseases in children viz. diarrhoea, colitis, dysentery, cold, cough, asthma, throat afflictions and anorexia.

Dosage

1-2 tablet; with buttermilk.

Reference

Bhaishajya Ratnavali, *Grahani roga*

MAHA SHANKHA VATI

32

Ingredients

250 mg. tablet of *Maha shankha vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shankhabhasma	Turbinella pyrum	Calx of purified sacred conch shells	—	17.8 mg
Krishnalavana	—	Black salt	—	17.8 mg
Bidlavana	—	Vit salt	—	17.8 mg
Shakambhariyam	—	Salt	—	17.8 mg
Samudralavana	Sodii chloridum	Table salt	—	17.8 mg
Saindhava	Sodium chloride impura	Rock salt	—	17.8 mg
Chinchakshara	Tamarindus indicus	Water soluble dried extract of tamarind ash	—	17.8 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	17.8 mg
Maricha	Piper nigrum	Black pepper	Fruit	17.8 mg
Pippali	Piper longum	Long pepper	Fruit	17.8 mg
Hingu	Ferula foetida	Asafoetida	Resin	17.8 mg
Shuddha vatsanabha	Aconifum ferox	Purified aconite	Root	17.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	17.8 mg
Shuddha parada	Hydrargyrum	Purified mercury	—	17.8 mg
Processed with :				
Apamarga	Achyranthes aspera	Prickly chaff plant	Alkali	
Chitraka	Plumbago zeylanica	Leadwort	Root	
Nimbuka	Citrus medica	Lemon	Fruit	

Actions & Indications

Maha shankha vati is the notable medicine for treating flatulent dyspepsia, as it is a potent digestant formulation. All the ingredients mentioned in the table above, are processed with the juice of *Nimbuka*, *Apamarga* and *Chitraka*, which potentiate the formulation.

The ingredients like all *lavanas* (salts) augment the *agni* well, work well as digestant, promote the digestive secretions and mitigate the vitiation

of *rasa*. *Chinchakshara* i.e. the water soluble dried extract of ash of tamarind (alkali) alleviates the *vata* from intestines, boosts the *agni* well and improves the digestion. *Shankha bhasma* also improves *agni* and digestion, moreover, it pacifies the *pitta* and hence hyperacidity is reduced remarkably. It also alleviates diarrhoea and pain in peptic ulcer. *Kajjali* is the best catalyst, rejuvenative and helps to potentiate the formulation.

Vatsanabha is digestant, appetiser and pain killer. It mitigates *ama*, as well. *Shunthi*, *Maricha* and *Pippali* are digestants and augment the appetite.

Maha shankha vati is recommended in flatulent dyspepsia, colitis, hyperacidity with indigestion, peptic ulcer, chronic constipation and anorexia. It also works well in piles, ascites, asthma, skin diseases etc.

Dosage

1-2 tablet; 3 times a day, with warm water, buttermilk / lemon juice / honey.

Reference

Bhaishajya Ratnavali, *Agnimandya*

MAHAVATAVIDHWANSA

33

Ingredients

125 mg. tablet of *Mahavatavidhwansa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	7.6 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	7.6 mg
Nagabhasma	Plumbum	Calx of purified lead	—	7.6 mg
Vangabhasma	Stannum	Calx of purified tin	—	7.6 mg
Lohabhasma	Ferrum	Calx of purified iron	—	7.6 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	7.6 mg
Abharakabhasma	Creta gallica	Calx of purified mica	—	7.6 mg
Trikatu	—	Three pungents	Fruits	22.8 mg
Tankana	Sodii biboras	Purified sodium borate	—	7.6 mg
Vatsanabha	Aconitum ferox	Purified aconite	Root	34 mg
Processed with :				
Trikatu	—	Three pungents	Fruits	
Triphala	—	Three myrobalans	Fruits	
Nirgundi	Vitex negundo	Five leaved chaste	Root	
Arka	Calotropis gigantia	Calotropis	Root	
Chitraka	Plumbago zeylanica	Leadwort	Root	
Bhumyamalaki	Phyllanthus niruri	—	Whole plant	
Bhringaraja	Eclipta alba	—	Whole plant	
Ardra	Zingiber officinale	Fresh ginger	Rhizome	
Kushtha	Alpinia galanga	Greater galangal	Rhizome	
Nimbuka	Citrus medica	Lemon juice	Fruit	

Actions & Indications

The Sanskrit word '*Vidhwansa*' means to destroy. This preparation destroys, i.e. alleviates the *vata* diseases, hence the name. It is one of the *rasoushadhi* (mercurial), which is the unique formulation pacifying the irritation of nerves and best painkiller, by alleviating the aggravated *vata dosha*. *Mahavatavidhwansa* is the best panacea for *vata* diseases associated with pains like arth-

ritis, gout, sciatica, brachial neuralgia, lumbago, spondylosis, sprains, traumatic swellings etc.

Vatsanabha relieves the obstructions in the subtle channels of the body, facilitate *vata* in proper direction and alleviate the aggravation of *vata*. The *bhasmas* like *Naga*, *Loha*, *Vanga*, *Abhraka* are anabolic and hence alleviate *vata dosha*. The

herbs used to process the formulation e.g. *Triphala*, *Trikatu*, *Arka*, *Chitraka* etc. are beneficial to boost the *agni* and alleviate *vata*. *Mahavatavidhwansa* is also recommended in fever, *kapha* diseases, colitis, puerperal diseases, septicaemia, paralysis, epilepsy etc.

Dosage

1-2 tablet; 2 times a day, with warm water or milk.

Reference

Yoga Ratnakara, *Vataroga*

Ingredients

62.5 mg. tablet of *Mallasindura* contains approx. :

Sanskrit	Latin	English	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	20 mg
Rasakarpura	—	Corrosive sublimate	20 mg
Gouripashana	Acidum arseniosum	Purified white arsenic	9 mg
Shuddha gandhaka	Sulphur	Purified sulphur	12.9 mg

Actions & Indications

Mallasindura is prepared by sublimation and hence, categorised under *kupipakvarasayanās*. There are four varieties of *Mallasindura* preparations. It is a very sharp and hot drug in its attributes, thus should be used with caution. It is one of the highly esteemed preparation, recommended in the treatment of bronchial asthma of *kaphaja* type.

The ingredients like *Kajjali* is useful as a catalyst, antimicrobial and rejuvenator. *Rasakarpura* (Hg 12) or corrosive sublimate, is known to work well in diseases of the skin and blood and curbs diarrhoea. As it is toxic in nature, it is first purified and then incorporated in this formulation. *Gouripashana* (also known as *Somala*) is unctuous in the attribute and alleviates all three *doshas*. It is salutary in respiratory diseases like asthma and skin afflictions. It is extremely beneficial in syphilis and syphilitic joint afflictions.

Mallasindura is the drug of choice in treating bronchial asthma, due to aggravation of *kapha dosha*. In asthmatic patients with accumulation of

phlegm in the chest, bouts of cough with difficulty to expectorate due to blocked phlegm, associated with aggravation of *vata* is a condition to be treated with *Mallasindura*, suitably. It dries off the secretions, mitigates *kapha dosha* and relieves the bronchospasms.

It is an extremely effective panacea for syphilis and gonorrhoea also. In tertiary stage of syphilis, it works well in syphilitic joint afflictions. The pain and swelling over the joints responds well to *Mallasindura*. It also relieves the strangury and dysuria in gonorrhoea. It is said to be useful in relieving the intermittent fever.

Caution : Avoid in pregnancy, children and aggravated *pitta* conditions.

Dosage

1 tablet; 3 times a day, with honey or ginger juice.

Reference

Rasayoga Sagar

NAGA GUTI 35

Ingredients

125 mg. tablet of *Naga guti* contains approx.:

Sanskrit	Latin	English	Part Used	Quantity
Lavanga	Syzygium aromaticum	Clove	Flower	17 mg
Akarkarabha	Anacyclus pyrethrum	Pellitory	Root	17 mg
Jatipatri	Myristica fragrans	Mace	Mace	17 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	17 mg
Vatsanabha	Aconitum ferox	Monk's hood purified	Root	17 mg
Kasturi	Moschus moschiferus	Musk	—	8.5 mg
Tvak	Cinnamomum zeylanicum	Cinnamon bark	Bark	8.5 mg
Hingula	—	Purified cinnabar	—	8.5 mg
Pippali	Piper longum	Long pepper	Fruit	8.5 mg
Tankana	Soddi biboras	Purified sodium borate	—	8.5 mg
Kumkuma	Crocus sativus	Saffron	Stamen	8.5 mg

Actions & Indications

Naga guti consists of all ingredients possessing hot potency and alleviating *kapha dosha*, hence is a notable drug for treating acute coryza (common cold), allergic rhinitis and sinusitis. According to Ayurvedic postulates, *pratishyaya* (common cold) is the diseases caused by aggravation of all three *doshas*, especially of *vata*, leading to signs and symptoms of common colds. Whereas, *pinasa* is a disease (sinusitis) caused by chronicity of common colds. It is also known as *dushta pratishyaya*. Both these diseases are described according to their stage as *amavastha* and *pakwavastha* i.e. first, the manifestations like heaviness in the head, nasal discharge is thin, bodyache, frequent expectoration and voice becomes feeble. This is *amavastha*. In *pakw-avastha*, the mucous secretions become thick, sticking in the nasal passage; anosmia i.e. loss of nasal sensation for smell, headache etc. are met with. *kapha dosha* is pre-dominant in this stage.

The ingredients like *Akarkarabha*, *Lavanga*, *Tankana*, *Hingula* and *Kasturi* (musk) mitigate the *kapha dosha*. *Keshar* and *Akarkarabha* curbs the mucous secretions and alleviate nasal discharge. The herbs like *Jatiphala*, *Jatipatri*, *Kumkuma* and *Vatsanabha* mitigate the *Kaph dosha* with their hot attribute, as well as relieve the pain (headache). *Kashturi* and *Kunkuma* exert antiemetic effect i.e. alleviate the vomiting. *Hingula* is hot, alleviates all the three *doshas* and works well as an antimicrobial also. *Vatsanabha* reduces fever and is a potent painkiller. As all the ingredients are hot in attribute, avoid the overdosage of *Naga guti*, as it may cause nose-bleed.

Dosage

1-2 tablet; 3 times a day, with betel leaf or warm water.

Reference

Proprietary

NARACHA RASA

36

Ingredients

125 mg. tablet of *Naracha rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	1.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	3.6 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	5.4 mg
Jaypalabija	Croton tiglium	Croton seeds purified	Seed	7.2 mg
Tankana	Sodii biboras	Sodium borate	—	9.0 mg
Erandabija	Ricinus cummunis	Castor oil plants seeds	Seed	10.8 mg
Kadu koshataki	Lageneria vulgaris	Bitter gourd	Fruit	12.6 mg
Aragwadha majja	Casia fistula	Purging cassia	Fruit	14.4 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	16.2 mg
Trivruta	Operculina turpethum	Indian jalap	Root	18 mg
Palashabija	Butea frondosa	Bengal kino seed	Seed	19.8 mg

Actions & Indications

Naracha rasa, *Ichchabhedi* and *Ashwakanchuki* are the strongest, stronger and strong purgative preparations respectively. The ingredients like *Shunthi*, *Maricha*, *Gandhaka*, *Parada* and *Jayapala* are common in all these formulation. The contents of *Jayapala* are three times more in *Ichchabhedi* than *Ashwakanchuki* and four times more in *Naracha rasa* than *Ashwakanchuki*. Thus *Naracha rasa* is the strongest purgative formulation, which is highly recommended is ascites of *kaphaja* type (*kaphodara*), tumours of *kaphaja* type (*kaphagulma*) and *ashthila*.

The ingredients like *Tamrabhasma* is reducing, sharp in attribute, break down the accumulations of *kapha dosha* and exerts laxative action. *Kajjali* i.e *Parada* and *Gandhaka*, works well as a rejuvenative, antimicrobial and as a catalyst. *Jaypala* is a very strong purgative, hence takes

out the body fluids in form of large liquid faeces. *Trivruta*, *Haritaki*, *Erandabija*, *Koshataki*, *Palasha* and *Aragvadha* exert laxative action and give additive effect to *Jayapala*. *Tankana* and (*Shunthi*, *Maricha*, *Pippali* are also added) *Trikatu* help decimate the abdominal colicky pains, caused by *Jayapala*. To avoid the griping pains, it is advisable to take *Naracha rasa* tablet; with warm water. The warm water alleviates *vata*, whereas the cold water aggravates it. *Naracha rasa* is also recommended in hepatosplenomegaly and anasarca.

Dosage

1 tablet; at night, with warm water.

Reference

Rasayoga Sagar

NIDRODAYA RASA 37

Ingredients

250 mg. tablet of *Nidrodaya rasa* contains approx.

Sanskrit	Latin	English	Part Used	Quantity
Rasasindura	—	Red mercurial	—	27.7 mg
Vamshalochana	Bambusa arundinacia	Bamboo manna	Resin	27.7 mg
Shuddha ahiphena	Papaver somniferum	Purified opium	Root	27.7 mg
Dhataki	Woodfordia floribunda	Fire flame bush flowers	Flower	111 mg
Amalaki	Emblia officinalis	Emblic myrobalan	Fruit	55.5 mg

Actions & Indications

Nidrodaya rasa is opium containing formulation, which is recommended as an antistress or anxiolytic drug. All ingredients, in the table mentioned above, are processed with the decoction of *Bhanga* i.e. *Cannabis sativa* (Indian hemp) which adds the sedative properties. The combination of *Bhanga* and *Ahiphena* induces the sleep and works well to relieve the mental stress. It also works as a potent pain killer. Hence, the formulation is salutary in conditions associated with pains like headache, dentalache, backache or joint pain etc. As it relieves the pains only symptomatically, one should not use this formulation until the cause of pain is detected.

The ingredients *Dhataki* and *Vanshalochana* are predominantly astringent and hence are beneficial to control the diarrhoea. They also work well to arrest the bleeding in *raktapitta* and heavy menstrual bleeding e.g. menorrhagia. *Nidrodaya rasa*, thus can be of great help in severe diarrhoea or heavy bleeding in menorrhagia,

associated with abdominal pains. Addition of *Rasasindura* is to counteract the heavy sedative active action of *Ahiphena* and *Bhanga*, which may depress the heart rate. *Rasasindura* is a good cardiac stimulant. Opium and cannabis cause constipation, hence, there is addition of *Amalaki* which works as a mild laxative and relieves the constipation.

Nidrodaya rasa should be sparingly used only for utmost required period, as it can cause addiction.

Caution : Avoid large doses as it causes CNS, depression and very sparingly, as it can cause addiction.

Dosage

1-2 tablet; 2 times a day, with milk.

Reference

Rasayoga Sagar

Ingredients

125 mg. tablet of *Nityananda rasa* contains approx. :

Sanskrit	Latin	English	Part	Used Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	5 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	5 mg
Tamrabhasma	Cyprum	Calx of purified copper	—	5 mg
Vangabhasma	Stannum	Calx of purified tin	—	5 mg
Haratalbhasma	Arseni trisulphidum	Yellow orpiment purified	—	5 mg
Shuddha tuttha	—	Blue vitriol	—	5 mg
Shankhabhasma	Turbinella pyrum	Calx of sacred conch shells	—	5 mg
Kapardikabhasma	Cypraea moneta	Calx of cowrie shells	—	5 mg
Kasisbhasma	Ferri sulphas	Ferrous sulphate calx	—	5 mg
Lohabhasma	Ferrum	Calx of purified iron	—	5 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	1.67 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	1.67 mg
Amalaki	Embllica officinale	Emblic myrobalan	Fruit	1.67 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	1.67 mg
Maricha	Piper nigrum	Black pepper	Fruit	1.67 mg
Pippali	Piper longum	Long pepper	Fruit	1.67 mg
Vidanga	Embelia ribes	Bidanga	Fruit	5 mg
Chavya	Piper chaba	Java long pepper	Fruit	5 mg
Pippalimula	Piper longum-radix	Long pepper-root	Fruit	5 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	5 mg
Patha	Cyclea peltata	Velvet leaf	Leaf	5 mg
Karchura	Curcuma zedoaria	Zedoary	Rhizome	5 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	5 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	5 mg
Vruddhadaru	Argyria speciosa	Elephant creeper	Stem	5 mg
Saindhava	Sodium chloride impura	Rocksalt	—	5 mg
Bidalavana	—	Vitsalt	—	5 mg
Bangadkhara	—	Black salt	—	5 mg
Samudralavana	Sodii chloridum	Common salt	—	5 mg
Processed with :				
Haritaki decoction				

Actions & Indications

Nityananda rasa is a supreme formulation for treating filariasis (*shlipada*). All the ingredients mentioned in the table are finally processed with the decoction of *Haritaki* (*Terminalia chebula*).

Filariasis (elephantiasis) is a nematodal infection. Several nematodes belonging to the superfamily filarioidea are responsible for filariasis. *Wuchereria bancrofti* is found mainly in India than *Brugia malayi*. Humans are the definitive hosts and mosquitoes of various types are the intermediate hosts. Following the bite of an infected mosquito, the larvae penetrate the skin, enter the lymphatics and are carried to the regional lymph nodes. Here they grow and mature for up to 18 months. After fertilization the microfilariae produced are carried from the lymphatics into the blood; they do not produce any symptoms or signs. Adult worms produce lymphangitis, which is believed to be a hypersensitivity reaction. The lymphangitis followed by fibrosis, a granulomatous reaction and later irreversible lymphatic blockade. Many sites may be affected, but lower limb and scrotal oedema occur frequently.

According to Ayurvedic postulates, *shlipada* (filariasis) is found mainly in marshy places. The diet aggravating *kapha dosha* and *kaphaja* constitution are the chief contributing factors for

shlipada. Aggravation of *kapha dosha* causes vitiation of *rakta* (blood) and creates the *shotha* (oedema) at the sites of *mamsa* and *meda dhatus*. The Sanskrit word '*Shlipada*' means the disease in which hard, stonelike, oedema occurs on the feet. Three types viz. *vataja*, *pittaja* and *kaphaja* are described in '*Shlipada*'. In treating this disease, medicines of hot potency and alleviation of *kapha dosha* is principally advised. There are various formulations like *Arogyavardhini*, *Chaturbhuja kalpa*, *Gomutra haritaki*, *Tribhuvan kirti*, *Shilpadari quatha*, preparations of *Bhallataka* and *Nityananda rasa* helpful in treating *Shlipada*.

Nityananda rasa is the choicest remedy for *shlipada* of *kapha* and *vata* types. All the *bhasmas* in this formulation alleviate *kapha dosha* and are reducing *meda dhatu*. They work well as a rejuvenative as well as antimicrobial also. *Triphala* and *Trikatu* exert additive effects by alleviating *kapha*. *Kajjali* imparts antimicrobial, rejuvenative and catalyst activities. Other herbs stoke *agni* well and alleviate *kapha dosha*.

Dosage

2 tablets; 3 times a day, with warm water.

Reference

Rasachandanshu

PARIJATAK GUTI

39

Ingredients

250 mg. *Parijatak guti* contains approx :

Sanskrit	Latin	English	Part Used	Quantity
Hingula	—	Purified cinnabar	—	20 mg
Vatsanabha	Aconitum ferox	Purified monk's hood	Root	20 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	20 mg
Pippali	Piper longum	Long pepper	Fruit	20 mg
Tankana	Sodii biboras	Purified sodium borate	—	20 mg
Pippalimula	Piper longum-radix	Long pepper-root	Root	20 mg
Maricha	Piper nigrum	Black pepper	Fruit	130 mg

Actions & Indications

Parijatak guti is a proprietary formulation which consists of *Maricha* as a half portion and other ingredients are the same as that in *Tribhuvan kirti* formulation. All the ingredients are processed with the juice of leaves of *Parijatak* (*Nyctanthus arborescens*). *Parijatak* stokes the *agni* well, alleviates the *kapha* and *vata doshas* and helps as a blood purifier by facilitating the bile secretions. It is predominant in bitter taste, hence alleviates fever and also possesses diaphoretic action.

The ingredient like *Vatsanabha* is a potent diaphoretic herb, which helps relieving the fever. *Hingula* works well as a catalyst (*yogavahi*) and mitigates the *kapha dosha* effectively. *Shunthi*, *Pippali* boost *agni* and *Pippalimula* in addition, reduces hyperacidity. *Tankana* helps to detoxify the metabolites in the intestines, alleviates *kapha*

dosha and imparts a potent mucolytic action. *Shunthi*, *Maricha* and *Pippali* augment *agni* and improve digestion.

Maricha is pungent in the taste as well as in the post digestive effect and has hot potency. It is light and sharp in attributes. It alleviates *vata* and *kapha doshas*. Its hot and sharp attributes relieve the mucous, whereas, dry attribute dries off the mucous secretions. *Parijatak guti* is recommended in fevers like malaria, influenza, common cold, cough, bodyache and headache.

Dosage

2-3 tablets; 3 times a day, with honey or warm water.

Reference

Proprietary

Ingredients

250 mg. tablet of *Prataplankeshwar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	7 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	7 mg
Shuddha vatsanabha	Aconitum ferox	Purified monk's hood	Root	7 mg
Maricha	Piper nigrum	Black pepper	Fruit	21 mg
Abharakabhasma	Creta gallica	Calx of purified mica	—	7 mg
Lohabhasma	Ferrum	Calx of purified iron	—	28 mg
Shankhabhasma	Turbinella pyrum	Calx of purified sacred conch shells	—	56 mg
Gomaya raksha	—	Cowdung cake ash	—	112 mg

Actions & Indications

Prataplankeshwar is a noteworthy preparation for treating the puerperal diseases. All ingredients mentioned in the table are finally processed with the juice of *Bhrungaraj* (*Eclipta alba*), which alleviates *vata*, works well as a blood purifier and helps cleansing the uterus.

Puerperal diseases are caused mainly by bad hygiene and improper aseptic precautions during the delivery. The puerperal sepsis is a serious malady causing various complications. Puerperal fever is also a commonly met problem in maternity wards. It is associated with intense headache, respiratory infections, hysteria, tumours, vomiting and *vata* diseases like sciatica, brachial neuralgia etc. *Prataplankeshwar* is an effective remedy in all these conditions of post-partum period.

Kajjali is rejuvenative, antiseptic and a catalyst. *Abhraka bhasma* pacifies the mental stress and pacifies *doshas* in the blood. *Chitraka* and *Loha bhasma* work well to cleanse the uterine cavity

by flushing out the secretions and blood. *Shankha bhasma* pacifies *pitta* and vitiated *doshas* in the blood. The ash of cowdung cake mitigates the vitiated *doshas* from the uterus and *Vatsababha* works well as a painkiller and relieves the fever effectively.

Prataplankeshwar is recommended in puerperal fever associated with headache, leucorrhoea, hysteric fits, respiratory afflictions due to aggravated *kapha*, *vata* disorders like brachial neuralgia and sciatica. Specific media of intake (*anupana*) in different conditions are also mentioned while using this drug.

Dosage

1-2 tablet; 3 times a day, with warm water or ginger juice.

Reference

Rasachandanshu, *Sutika Roga*

PRAVAL PANCHAMRUT – MOUKTIK YUKTA

41

Ingredients

125 mg. tablet of *Praval panchamrut* contains approx. :

Sanskrit	Latin	English	Quantity
Pravalbhasma	Corallium rubrum	Coral	20.5 mg
Shankhabhasma	Turbinella pyrum	Sacred conch shells	20.5 mg
Shouktikabhasma	Pinctada vulgaris	Pearl oyster shells	20.5 mg
Mouktikabhasma	Mytilus margaritiferus	Pearls	20.5 mg
Varatikabhasma	Cyprea moneta	Cowrie shells	20.5 mg
Processed with :			
Arka	Calotropis gigantia	Madar	

Actions & Indications

Since ancient times Ayurveda has also tapped the marine sources for medicinal purpose. '*Samudra-panchaka*' meaning five substances obtained from the sea viz. *Praval* (coral), *Shankha* (conch shells), *Shouktika* (pearl oyster shells), *Kapardika* or *Varatika* (cowrie shells) and *Mouktika* (pearl) are used in this formulation, hence the name. All these bhasmas are mixed together in equal parts and processed with the latex of *Arka* (*Calotropis gigantia*). *Arka* latex boosts the *agni*, exerts a laxative action and hence alleviates *pitta dosha*. It potentiates the formulation.

Praval panchamrut is the choicest drug for *amlapitta* (acid-peptic disease) and *parinama shula* (peptic ulcer). *Shankha bhasma* stokes *agni* and is antidiarrhoeal also. It is cooling, *balya* and useful in hyperacidity, peptic ulcer and diarrhoea. It works on stomach. *Kapardika* or *Varatika bhasma* works on small intestine. It is hot in potency, hence stokes *agni* and improves digestion. It is useful in colitis, peptic ulcer and exerts anti-diarrhoeal action also. *Praval bhasma*,

Shouktika bhasma and *Mouktika bhasma* are cooling and hence pacify *pitta dosha* very effectively. *Shouktika bhasma* relieves abdominal pain, whereas, *Praval bhasma* alleviates *amlapitta* and *raktapitta*.

In *amlapitta*, the *drava* (liquid) part is increased, hence it deranges the digestion process. Due to indigestion, the symptoms like belching, flatulence, heartburn, dull abdominal pain are seen. When *amlapitta* is due to excess *pitta* and acidity, *Praval panchamrut* is recommended with pomogranate juice. In flatulence, it is to be taken with the decoction of *Amalaki*. *Praval panchamrut* is also recommended in diarrhoea and colitis of *pittaja* type, anorexia, indigestion in diabetic patients with aggravation of *pitta*, vomiting, cough etc.

Dosage

1-2 tablet; 3 times a day, with milk.

Reference

Rasamruta

PUNARNAVA MANDURA

42

Ingredients250 mg. tablet of *Punarnava mandura* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Punarnava	Boerhavia diffusa	Hog weed	Root	4 mg
Nishottara	Operculina turpethum	Tyrrheth root	Root	4 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	4 mg
Maricha	Piper nigrum	Black pepper	Fruit	4 mg
Pippali	Piper longum	Long pepper	Fruit	4 mg
Vidanga	Embelia ribes	Bidanga	Fruit	4 mg
Devadaru	Cidrus deodara	Cidarwood	Bark	4 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	4 mg
Koshtha	Saussurea lappa	Costus	Root	4 mg
Haridra	Curcuma longa	Turmeric	Rhizome	4 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruits	4 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruits	4 mg
Amalaki	Emblia officinale	Emblic myrobalan	Fruits	4 mg
Danti	Baliospermum montanum	—	Root	4 mg
Chavya	Piper chaba	Java long pepper	Fruit	4 mg
Indrayava	Picrorrhiza kurroa	Hellbore-seed	Seed	4 mg
Katuka	Picrorrhiza kurroa	Hellbore	Root	4 mg
Pippalimula	Piper longum-radix	Long pepper root	Root	4 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	4 mg
Karkatshrungi	Rhus succedania	Chinese galls	Galls	4 mg
Jiraka	Cuminum cyminum	Cumin seed	Seed	4 mg
Ajamoda	Carum roxburghianum	Ajowan	Seed	4 mg
Katphala	Myrica nagi	Box myrtle	Fruit	4 mg
Mandurabhasma	Ferroso	Calx of dross iron	—	168 mg
Gomutra	—	Cow's urine	—	1184 ml

Actions & Indications

Punarnava mandura, a famous preparation is used in treating anaemia of varied aetiology. It is also a very potent panacea for oedema commonly met in nephritis, ascites, congestive

cardiac failure. *Mandura* means *lohakitta* i.e. rust of iron. It is purified by boiling it in cow's urine. *mandura bhasma* by itself is used in anaemia, oedema, jaundice and splenomegaly. *Punarnava*

mandura is a comprehensive formulation containing diuretic herbs and *agni* boosting ingredients. *Punarnava* is one of the cardinal herb, reducing oedema by its potent diuretic property. *Mandura* also alleviates the oedema effectively. The combination of both becomes more potent diuretic. *Gomutra* (cow's urine) is also well known for its diuretic action.

The ingredients like *Shunthi*, *Maricha*, *Pippali*, *Chitraka*, *Chavya*, *Ajamoda*, *Mushtaka* stoke *agni* well. Low *agni* leads to indigestion, intestinal worm infestations, which is followed by anaemia. The vicious cycle is broken by this drug. *Vidanga*, *Indrayava*, *Ajamoda* are known to possess anthelmintic property. *Katuka* is one of the best cholegogue herb. It promotes the bile secretions, works well as a hepatotrophic and exerts a

laxative action. Other laxative herbs like *Nishottar* (*Trivruta*) and *Triphala* counteract the constipation, caused by *mandura*.

As a whole, *Punarnava mandura* becomes a useful remedy for anaemia, oedema, worm infestations and anorexia. It is recommended in various diseases like jaundice, anaemia, anasarca, hepatosplenomegaly etc. It is given as a haematinic in anaemia due to blood loss in menorrhagia, bleeding piles etc.

Dosage

1-2 tablet; thrice a day, with ghee or honey.

Reference

Bharata Bhaishajya Ratnakara, Vol. 3, F. 4421

SAMSHAMANI GUTI 43

Ingredients

250 mg. tablet of *Samshamani guti* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Solid extract	50 mg

Actions & Indications

The decoction of *Guduchi* is first prepared and further heated slowly till the solid extract remains. Then it is tableted. The tablets are tiny, weighing upto 50 mg. each. It is the common most remedy for fever. Fever is a very common symptom, met in day to day practice. Sometimes the cause remains undetected. It is termed as pyrexia of unknown origin (P.U.O.). In such cases, it is safe to use *Samshamani guti* as it relieves the fever and burning sensation of the body also.

Guduchi is bitter, pungent and astringent in taste, sweet in post digestive effect and hot in potency. It alleviates all the *doshas*. It is one of the most versatile rejuvenative herbs. The Sanskrit name '*Guduchi*' means the one, which protects the body. It is also called as '*Amruta*' or nectar, as it is extremely useful in strengthening the immune system of the body and keeping the functions of its various organs in harmony. It possesses various

properties like antipyretic, rejuvenative, relieving the burning sensation in the body, nervine tonic, promoting longevity, alleviating gout, jaundice and glandular swellings.

Samshamani guti is recommended in diseases of *vata* like rheumatoid arthritis, osteoarthritis, gout, rheumatic fever etc. It relieves the pain and reduces the swelling. *Guduchi* being *balya* in property, is used to strengthen the body. It especially strengthens the heart, hence used in convalescence.

Dosage

10 to 20 tablets; 3-4 times (as an antipyretic).
5 to 10 tablets; 3-4 times a day, with water.

Reference

Proprietary

Ingredients

125 mg. tablet of *Sanjivani guti* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vidanga	Embelia ribes	Embelia fruits	Fruit	12 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	12 mg
Pippali	Piper longum	Long pepper	Fruit	12 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	12 mg
Amalaki	Emblica officinalis	Emblc myrobalan	Fruit	12 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	12 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	12 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	12 mg
Bhallataka	Semecarpus anacardium	Marking nut	Fruit	12 mg
Vatsanabha	Aconitum ferox	Aconite purified	Root	12 mg

Actions & Indications

The Sanskrit word '*Sanjivani*' literally means one which bestows life again. *Sanjivani guti*, a divine medicine, is indeed a boon to the patients of indigestion, tumours, cholera and snake bite, hence the name. It is an outstanding formulation, commonly used for treating digestive disorders like loss of appetite, distaste, flatulence, vomiting, diarrhoea, lassitude, fatigue and heaviness in the body caused by *agnimandya* (low *agni*).

Ayurveda emphasises that all diseases are the product of weak *agni*. When *agni* becomes weak, a number of unwanted unripe byproducts of digestion and metabolism start forming and accumulating in the body at different levels from gross to molecular level. Such products are called *ama* and act as toxic and antigenic materials. The presence of *ama* renders an *ama* state in the body, which increases sluggishness and impermeability in subtle body channels, called as *srotas*. *Ama* can be exhausted by promoting *agni*,

by administering *dipana* (appetisers) and *pachana* (digestants) drugs.

Sanjivani guti incorporates ten versatile herbs which stoke *agni* well, improve digestion, eliminate *vata* from the gut, relieve flatulence, exert mild laxative action and relieve constipation. Moreover, herbs like *Shunthi*, *Vidanga*, *Amalaki*, *Guduchi*, *Bhallataka* digest the *ama*. The ingredients like *Shunthi*, *Pippali*, *Haritaki*, *Amalaki*, *Bhallataka* augment the appetite by stoking the *agni*. The herbs abating intestinal worms, like *Vidanga*, *Bhallataka*, *Vacha*, *Pippali*, *Guduchi*, *Bibhitaka*, *Haritaki* help in cure in repeated intestinal worm infestations. Majority of the herbs possess sweet post digestive effect, which helps in relieving constipation and hence, flatulence. *Vatsanabha* relieves fever and pains and alleviates *kapha* and *vata doshas*. All the ingredients are processed with cow's urine, which augments the *agni*, relieves constipation, curbs

worm infestations, decimates flatulence, abates abdominal pain and alleviates *kapha* and *vata doshas*.

Sanjivani guti is recommended in anorexia, flatulence, dental diarrhoea in children, cholera, diarrhoea, dysentery, colitis, abdominal pain due to flatulent dyspepsia, allergic respiratory ailments like colds, sinusitis and asthma which originate from indigestion.

Dosage

1-2 tablet; 2- 3 times a day, with ginger juice or warm water.

Reference

Sharngadhar Samhita, A-7

Yoga Ratnakara, *Ajirna*

SARPAGANDHA VATI

45

Ingredients

500 mg. tablet of *Sarpagandha vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Parasika yavani	Hyocyamus niger	Henbane	Seed	70 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	35 mg
Bhanga	Cannabis sativa	Indian hemp	Seed	35 mg
Sarpagandha	Rauwolifa serpentina	—	Root	350 mg
Pippalimula	Piper longum - radix	Long pepper root	Root	3 mg

Actions & Indications

Sarpagandha vati is a noteworthy formulation recommended in insomnia, mental stress, anxiety neurosis and in hypertension, as an adjunct. *Sarpagandha*, the cardinal ingredient, is mentioned in all Ayurvedic scriptures for its special property, as a sedative. It is also cited to have a special potency (*prabhava*) as an anti-epileptic and as a remedy for hysteria. During the last few decades this herb has attracted the attention of scientists for its anti-hypertensive activity.

Sarpagandha is bitter and pungent in taste, pungent in the post digestive effect and has hot potency. It alleviates *kapha* and *vata doshas*, but aggravates *pitta dosha*. It is benevolent in epilepsy and hysteria and induces sleep. *Parasik yavani* alleviates *vata* and *kapha doshas* but aggravates *pitta*. It is analgesic, sedative in properties and abates the seizures. *Jatamansi* decimates the mental disorders by its special potency. Because of its cold potency it minimises the irritation of nerves and is benevolent as a mood elevator. It

pacifies the *pitta dosha* and *doshas* in *majja dhatu*, hence, is useful in epilepsy, hysteria. It also induces sleep and is a pain killer. It boosts up the *agni* of *majja dhatu* and works well as a rejuvenative to nervous tissue. *Bhanga* is also useful to abate seizures and induce sleep. *Pippalimula* works well to abate the hyperacidity, caused by *Sarpagandha*, *Parsika yavani* and *Bhanga*.

Sarpagandha vati is recommended in insomnia, anxiety neurosis, mental stress, epilepsy, hysteria and in hypertension, as an adjunct.

Caution : Majority of ingredients are sedative and in higher doses, the drug causes depression, depressed libido, giddiness etc.

Dosage

1-2 tablet; at night, with milk.

Reference

Siddha Yoga Sangraha

Ingredients

250 mg tablet of *Shankha vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Saindhava	Sodium chloride impura	Rock salt	—	17 mg
Krishnalavana	—	Black salt	—	17 mg
Vidlavana	—	Vit salt	—	17 mg
Sambharlavana	—	—	—	17 mg
Samudralavana	Sodii chloridum	Common salt	—	17 mg
Hingu	Ferula foetida	Asafoetida	Resin	17 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	17 mg
Pippali	Piper longum	Long pepper	Fruit	17 mg
Maricha	Piper nigrum	Black pepper	Fruit	17 mg
Kajjali	—	Black sulphide of mercury	—	34 mg
Vatsanabha	Aconitum ferox	Purified aconite	Root	17 mg
Shankhabhasma	Turbinella pyrum	Conch shell calx	—	17 mg
Chinchakshara	Tamarindus indicus	Tamarind water-soluble dry ash	Fruit skin	17 mg

Actions & Indications

Shankha vati is a vital formulation, useful in indigestion. It consists of various *lavanās* (salts), which not only boost the *agni*, but also improve digestion, alleviate *vata* and facilitate the peristalsis, augment digestive secretions, exert mild laxative action, relieve the constipation and flatulence, improve the taste sensation and enhance *kapha* and *pitta*. *Hingu* stokes *agni* and works well as deflatulent. *Shankha bhasma* alleviates *pitta*, improves *agni* and helps digestion. *Trikatu* i.e. *Shunthi*, *Maricha* and *Pippali* also boost *agni* well. *Kajjali* exerts mild laxative action, is rejuvenative and works as a catalyst, with great benefit. *Vatsanabha* boosts *agni*, improves digestion, alleviates pains and *vata dosha*. *Chinchakshara* also boosts appetite, improves digestion and alleviates *vata dosha* from the gut. As a whole,

Shankha vati is a comprehensive formulation beneficial in anorexia and dyspepsia.

Shankha vati is recommended in symptoms like loss of appetite, heaviness after meals, dull abdominal pain, flatulence, vomiting, nausea, belching, diarrhoea and distaste. The ingredients in this preparation are processed with the juices of lemon, *Bhringaraj*, ginger, *Nirgundi* and decoctions of *Chitraka* and *Apamarga*. It potentiates the formulation. *Shankha vati* should not be used in hyperacidity and peptic ulcer, as it contains the ingredients of hot and sharp attributes.

Dosage

1-2 tablet; 3-4 times a day, with warm water.

Reference

Bhaishajya Ratnavali

Ingredients

125 mg. tablet of *Shankhodar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shankhabhasma	Turbinella pyrum	Calx of purified conch shells	—	68 mg
Ahiphena	Papaver somniferum	Opium purified	Fruit	17 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	17 mg
Tankana	Sodii biboras	Purified sodium borate	—	17 mg

Actions & Indications

Shankhodar is prepared by triturating all ingredients together, processed with the poppy seeds decoction. *Shankhodar* combines anticolic effect of *Ahiphena*, *Tankana* and *Jatiphala* with anti-diarrhoeal effect of *Ahiphena* and *Jatiphala*. It is an effective general purpose antispasmodic and antidiarrhoeal preparation.

The component *Ahiphena* has a selective inhibitory action of gastric motility of the gastrointestinal tract and reducing the excessive peristalsis in acute diarrhoea, cholera and dysentery. The relief of pain is rapid in onset and of prolonged duration. *Jatiphala* also exerts the similar effects, slightly less potent than *Ahiphena* and save the patient from dehydration in acute conditions. *Shankhabhasma* is a powerful appetiser and digestant. *Tankana* combines well with *Jatiphala* and *Ahiphena* to relieve the abdominal pain.

Shankhodar is recommended in acute diarrhoea due to inflammation of the intestinal mucosa. It is indicated in *pittaja* and *vataja* types of *atisara* (diarrhoea). It also works well in bleeding and abdominal colics in dysentery. *Shankhodar* can be used as a preventive measure in epidemics of cholera and gastroenteritis. Particular caution should be exercised whenever *Shankhodar* is employed in patients with diarrhoea and dysentery associated with *ama*. It is safer to use it in diarrhoea, colitis, dysentery, gastroenteritis in *niramavastha* (without *ama*).

Dosage

1-4 tablet; 3-4 times a day, with butter and rock candy.

Reference

Yoga Ratnakara

Ingredients

250 mg. tablet of *Shulahara vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Euphorbia neriifolia	Common milk hedge	Latex	24 mg
Maricha	Piper nigrum	Black pepper	Fruit	24 mg
Chavya	Piper Chaba	Java long pepper	Fruit	24 mg
Pippali	Piper longum	Long pepper	Fruit	24 mg
Pippalimula	Piper longum-radix	Root of piper longum	Root	24 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	24 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	24 mg
Ajamoda	Carum copticum	Ajowan	Seed	24 mg
Jiraka	Cuminum cyminum	Cumin seeds	Seed	24 mg
Parasika yavani	Hyoscyamus niger	Henbane	Seed	24 mg
Shuddha karaskara	Strychnos nux vomica	Nux vomica purified	Seed	10 mg

Actions & Indications

The Sanskrit word 'Shula' means pain and in Ayurvedic literature, it indicates abdominal pain. The specific terminology for abdominal pain is 'Udarashula'. *Shulahara vati* is the formulation to alleviate the abdominal pain. Because of faulty diet and behaviour, the aggravation of *vata dosha* takes place in the gastrointestinal tract which causes the pain in abdomen. *Shula* is classified into *vataja*, *pittaja*, *kaphaja*, *sannipatika* and *amaja* type. Hence, according to the type and pathogenesis, the treatment is given, keeping in mind to alleviate the *vata dosha*, principally. The hypofunction of *agni* leads to indigestion, *ama* formation, blocks *srotasas* and causes flatulence, which causes pain because of aggravation of *vata*.

Shulahara vati contains all herbal components alleviating *kapha* and *vata doshas*. All ingredients are processed with the juice of *Kumari* (Indian aloe), which helps in busting *agni*, improve

digestion, improve the bile secretions and facilitate the faeces by softening them. This relieves the abdominal pain as *vata* gets pacified. *Shunthi*, *Maricha*, *Pippalimula*, *Chitraka*, *Jiraka*, *Parsika yavani* and *Karaskara*, all these herbs facilitate *vata* from the gut and mitigate the flatulence and hence the pain. The herbs like *Ajamoda*, *Karaskar* and *Shunthi* digest the *ama*. All herbs are hot in attribute, hence, enhance the *agni* and decimate the basic pathogenesis. The herbs *Maricha*, *Jiraka*, *Parsika yavani* and *Karaskara* also alleviate worm infestations. *Shulahara vati* is the drug of choice in abdominal pain with indigestion and flatulence.

Dosage

1-2 tablet; 3 times a day, with warm water.

Reference

Proprietary

SHRIPHALA KUSUM VATIKA

49

Ingredients

250 mg. tablet of *Shriphala kusum vatika* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Revandachini	Rheum emodi	—	Root	10 mg
Kumkuma	Crocus sativum	Saffron	Stamen	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Pippalimula	Piper longum — radix	Long pepper root	Root	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg
Jatipatri	Myristica fragrans mace	Mace	Mace	20 mg
Lavanga	Syzygium aromaticum	Clove	Flower	20 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	20 mg
Mishreya	Foeniculum capillaecum	Fennel	Seed	20 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	20 mg
Jiraka	Cuminum cyminum	Cumin seeds	Seed	20 mg
Shriphala	Cocos nucifera	Coconut	Flower	180 mg

Actions & Indications

The chief component of this drug is the young flower buds of coconut, (*Shriphala*-coconut, *Kusum* - flower) hence the name. Ingredients in this composition boost up the *agni* and the *dhatv-agnis* of all seven *dhatu*s. Hence, it helps to buoy up the formation and nourishment of all tissues in the body.

Shriphala kusum i.e. coconut flowers are sweet in taste, sweet in the post digestive effect and have a cold potency. They are anabolic, unctuous in properties. Other ingredients encourage the nourishment of all *dhatu*s, as they boost up the *dhatvagnis*. So this formulation is extremely benevolent for the patients of tuberculosis.

Because in addition, the components like *Shunthi*, *Maricha*, *Pippali*, *Pippalimula*, *Lavanga*, *Tvak* mitigate the *kapha dosha* and work well on the respiratory system. The also facilitate the mucous from the lungs and throat and become salutary in tuberculosis. It is the best adjunct medicine in treating tuberculosis. *Shriphala kusum vatika* is also recommended in puerperal diseases.

Dosage

2-4 tablets; 3 times a day, with milk.

Reference

Rasachandanshu, *Striroga*

SIDDHA DARADAMRUT

50

Ingredients

125 mg. tablet of *Siddha daradamrut* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Hingula	—	Purified cinnabar	—	125 mg
Specially processed with :				
Kandarpa	<i>Allium cepa</i>	Bulb onion	Bulb	
Vatashira	<i>Ficus bengalensis</i>	Banyan aerial root	Root	
Lavanga	<i>Caryophyllus aromaticus</i>	Clove	Flower	
Bhallataka	<i>Semecarpus anacardium</i>	Marking nut	Fruit	
Ghrita	—	Ghee	—	

Actions & Indications

Hingula has various synonyms of which '*Darada*' is one of them. *Hingula* is a mercurial compound, called as cinnabar in English. It is a compound of mercury and sulphur and its chemical formulation is HgS. The mineral is heavy, but not very hard. It can be easily powdered.

Ayurvedic texts have mentioned various therapeutic uses of *Hingula*. Before use, it is purified by processing it with the ginger juice, for seven times. After that it is dried and used. *Hingula* is highly praised as a *rasayana* (rejuvenative) and said to alleviate various diseases. It alleviates all three *doshas* and works well to stoke *agni*. It possesses an aphrodisiac property also. It is beneficial in diabetes, dermatoses of varied aetiology, fever, jaundice and splenomegaly. *Siddha daradamrut* is the preparation of *Hingula*

specially processed with the onion (*Kandarpa*), aerial roots of banyan tree (*vatashir*), cloves (*Lavanga*), marking nut (*Bhallataka*) and ghee (*Ghrita*). It makes *Hingula* more potent to alleviate the *vata dosha*. The preparation is recommended in diseases of *vata* like paralysis, rheumatism, stiffness of the legs etc. It is also salutary in impotence. In fevers associated with *ama*, it gives excellent relief. This formulation is highly recommended in enlarged spleen.

Dosage

1 tablet; twice a day, with milk.

Reference

Rasa Tarangini

Ingredients

250 mg. tablet of *Smrutisagar rasa* contains approx. :

Sanskrit	Latpin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	25 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	25 mg
Shuddha haratala	Arsenii trisulphidum	Purified yellow orpiment	—	25 mg
Shuddha manashila	Arsenii disulphidum	Purified realgar	—	25 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	25 mg
Processed with :				
Vacha	Acorus calamus	Sweet flag	Rhizome	
Brahmi	Baccopa monnieri	Thyme leaved gratiola	Leaves	
Jyotishmati	Celastrus paniculata	Staff tree oil	Seed oil	

Actions & Indications

Smrutisagar rasa is the choicest remedy for epilepsy and hysteria. The Sanskrit word for epilepsy '*Apasmar*', itself denotes the mental disorder which causes loss of memory. This formulation is prepared by combining *Shuddha parada*, *Gandhaka*, *Haratala*, *Manashila* and *Tamrabhasmas* together, processed with the decoction of *Vacha* and juice of *Brahmi* for 21 times each and finally processed with the *Jyotishmati* seed oil. The final product becomes sharp, hot in attributes and *vyavayi* i.e. the drug first diffuses through the whole body and is then digested, and reaches the subtle body channels.

The ingredients like *Kajjali* is rejuvenative and *yogavahi* i.e. a catalyst. The *bhasmas* of *Haratala*, *Tamra* and *Manashila* alleviate *kapha* and *vata doshas* as they have a hot potency. The herbs like *Vacha*, *Brahmi* and *Jyotishmati* are highly praised *medhya rasayanas* - the rejuvenatives for the nervous system. *Vacha* and *Brahmi* possess a special potent (*prabhava*) to alleviate epilepsy (*apasmara*) and hysteria

(*unmada*). All these herbs are potent *kapha-vata* alleviators. *Vacha*, by itself or with *Brahmi*, *Jatamansi* alongwith honey are used in epilepsy. With *Suvarna bhasma*, *Vacha* enhances the memory. *Brahmi* a rejuvenator, pacifies *pitta* from *majja-vaha srotasa* i.e. nerve tissue, and augments the memory. It is also well known for treating hysteria and epilepsy. *Jyotishmati* boosts the *sadhaka pitta* and enhances memory and intelligence. As it relieves the *srotorodha* and alleviates *vata dosha*, it works well in paralysis, sciatica, facial palsy, tremors etc. *Medhya rasayanas* like these herbs reduce the frequency, duration and severity of seizures in epilepsy and hysteria. They promote and sharpen the memory and intelligence. They also exert anti-anxiety and tranquillising effect by reducing catecholamines in the body.

Dosage

1 tablet; 3 times a day, with milk or ghee.

Reference

Bharata Bhaishajya Ratnakara, Vol. 5, F. 8313

SUTASHEKHAR RASA

52

Ingredients

125 mg. tablet of *Sutashekhar rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	7 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	7 mg
Tankana	Sodi biboras	Purified sodium borate	—	7 mg
Vatsanabha	Aconitum ferox	Aconite	Root	7 mg
Shunthi	Zingber officinale	Dry ginger	Rhizome	7 mg
Dhattura	Datura stramonium	Thorn apple	Seed	7 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	7 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	7 mg
Tamalapatra	Cinnamomum tamala	Cassia leaf	Leaf	7 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	7 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	7 mg
Shankhabhasma	Turbinella pyrum	Calx of conch shells	—	7 mg
Bilva	Aegle marmelos	Bael	Fruit	7 mg
Karchura	Curcuma zedoaria	Zedoary	Rhizome	7 mg
Processed with :				
Bhringaraja	Eclipta alba	—	Whole plant	

Actions & Indications

Sutashekhar rasa is an outstanding drug in treating the ailments caused by aggravation of *pitta dosha* by its *snigdha* (unctuous) and *drava* (liquid) attributes. It is important to know that this formulation will not be of any use when *pitta dosha* is aggravated by its hot and sharp attributes (i.e. *ushna* and *tikshna gunas*). *Sutashekhar rasa* is recommended in aggravation of *pitta dosha* with low agni and formation of *ama*. *Amlapitta* is a disease, wherein this combination is commonly sought.

Kajjali is rejuvenative, catalyst and antimicrobial. *Tankana* alleviates spasms and *Vatsanabha* exerts

a painkiller activity. *Shunthi* is an appetiser and digestant hence, digests the *ama* and relieves the pain by facilitating *vata* from the gut. Because of its sweet post digestive effect, it pacifies *pitta dosha*. *Dhattura* relieves pain, whereas *Tamra bhasma* is a liver stimulant. *Chaturjata* i.e. *Ela*, *Tamalapatra*, *Tvak* and *Nagakeshara* alleviates *pitta*. *Shankha bhasma* is a rejuvenative, digestant and astringent. *Bilva* fruit pulp is an astringent, digestant and works well on *grahani*. *Karchura* is digestant, mitigates *pitta* and pacifies the burning sensation. As a whole *Sutashekhar* works in *vata-pitta* originated diseases, with great benefit.

In hyperacidity, the symptoms like belching, retrosternal burning, nausea, vomiting are often seen. *Sutashekhara rasa* recommended with lemon juice, promptly relieves these symptoms. Headache due to aggravated *pitta* responds well to this drug. Giddiness or nausea because of *pitta* is relieved when *Sutashekhara* is given along with the ginger juice. As this drug consists of *Vatsanabha*, which is a potent antipyretic herb, is salutary in fever also. It is salutary in hypertension, as an adjunct.

Sutashekhara rasa curbs the secretion of excessive acid secretions and their accumulation in the gut. It does not work like cooling herbs, which pacify the hot and sharp attributes of *pitta dosha*.

Hence, in a way this formulation shows slow results. It can be used in conditions where aggravated *pitta dosha* is a causative factor, like vomiting, hiccup, headache, diarrhoea, cough etc. When *Sutashekhara rasa* contains *Suvarna bhasma*, it is called as *Suvarnayukta Sutashekhara rasa*, which is mentioned in drugs containing gold; in later chapter.

Dosage

2 tablets; 3 times a day, with ginger juice, milk or lemon juice.

Reference

Yoga Ratnakara, *Amlapitta Chikitsa*

SHWASAKUTHAR

53

Ingredients

125 mg. tablet of *Shwasakuthar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Parada	Hydrargyrum	Purified mercury	—	6 mg
Gandhaka	Sulphur	Purified sulphur	—	6 mg
Vatsanabha	Aconitum ferox	Aconite purified	—	6 mg
Tankana	Sodii biboras	Purified sodium borate	—	6 mg
Manashila	Arsenii disulphidum	Purified realgar	—	6 mg
Maricha	Piper nigrum	Black pepper	Fruit	48 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	12 mg
Pippali	Piper longum	Long pepper	Fruit	12 mg

Actions & Indications

Shwasakuthar is a supreme formulation for treating bronchial asthma. The Sanskrit word for bronchial asthma is '*Tamakashwasa*', which itself indicates the breathlessness at night. (*tamaka* - dark, night and *shwasa* - breathlessness). *Maricha* and *Manashila* are the cardinal components in this formulation. The pathogenesis of bronchial asthma according to Ayurvedic postulates is that, the aggravated *kapha dosha* from the stomach and aggravated *vata* cause the blockages of phlegm in the respiratory channels, which cause breathlessness and *prana vata* also gets deviated in opposite direction, which adds in the paroxysm of asthma.

Bronchial asthma can be clinically classified into two types. One, which is presented as asthmatic attacks with dry cough and the other, with much phlegm and expectoration. The first type is *vata* predominant and second is *kapha* predominant. *Shwasakuthar* works well only in *kaphaja* type of

asthma, as all the components are hot and dry in attributes and alleviate *kapha*, mainly.

The ingredients like *Shunthi*, *Maricha*, *Pippali*, and *Vatsanabha* alleviate *kapha dosha* and in addition, they mitigate the aggravated *kapha dosha* in the stomach and treat the root cause. *Manashila* is hot, antimicrobial, rejuvenative, stokes *agni* and alleviates *kapha* and *vata doshas*. *Kajjali* is a catalyst, antimicrobial and rejuvenative. *Pippali* and *Kajjali* work well as mucolytic agents and facilitate *prana vata* in its proper direction. *Shwasakuthar* reduces the frequency and intensity of bronchospasms in bronchial asthma.

Dosage

2-4 tablets; twice a day after meal, with ginger juice or honey.

Reference

Yoga Ratnakara, *Shwasa Chikitsa*

Ingredients

125 mg. tablet of *Tribhuvankirti* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Hingula	—	Purified cinnabar	—	17.5 mg
Vatsanabha	Aconitum ferox	Purified monk's hood	Root	17.5 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	17.5 mg
Maricha	Piper nigrum	Black pepper	Fruit	17.5 mg
Pippali	Piper longum	Long pepper	Fruit	17.5 mg
Tankana	Sodii biboras	Purified sodium borate	—	17.5 mg
Pippalimula	Piper longum	Root of long pepper	Root	17.5 mg

Actions & Indications

'*Tribhuvankirti*', the Sanskrit name itself denotes one which is famous in the Universe. The ingredients in this composition are taken in equal parts and triturated together. Then it is processed for three times each, with the juice of *Ardraka* (*Zingiber officinale*) i.e. ginger, *Swarnakshiri* (*Argemone mexicana*) and *Tulasi* (*Ocimum sanctum*). Finally, the mixture is tableted. *Tribhuvankirti* is a well known medicine for fever. It is one of the best formulation of *Vatsanabha*, used in treating *kaphaja*, *vataja* or *vata-kaphaja* types of fever. As it consists of hot and sharp ingredients, it should not be used in *pittaja* type of fever.

Vatsanabha, the cardinal component, is diaphoretic and antipyretic in properties. But as it causes bradycardia, because of its depressive action on the heart, one should use this formulation with due caution. Though it is purified before use and the herbs used for processing like *Tulasi*, *Ardraka*, *Maricha*, *Pippali*, and *Pippalimula* are counteracting to *Vatsanabha*, the large dosage should be avoided.

Hingula exerts mucolytic action, alleviates *kapha*

dosha, abates inflammation of lymph glands and is antimicrobial. *Pippali*, *Pippalimula*, *Ardraka* are stimulant, appetiser and digestant in properties. *Tulasi* boosts the antipyretic effect of *Vatsanabha* and is diaphoretic as well. *Tankana* is mucolytic, alleviates *kapha dosha* and detoxifies the intestinal metabolites. *Dhattura* juice is an excellent painkiller, anti-inflammatory agent and also adds to the effects of *Vatsanabha*. *Tankana*, *Pippali* and *Hingula* dries off the mucous secretions and alleviate *kapha dosha*.

Tribhuvankirti is recommended in influenza, common cold, pharyngitis, tonsillitis, fever with bodyache, bronchitis, pneumonia associated with *kapha* and/or *vata* signs and symptoms. In measles, it is used to prevent the post measles bronchitis.

Dosage

2 tablets; 3 times a day, with honey, or warm water or ginger juice.

Reference

Yoga Ratnakara, *Jwara*

UNMADAGAJAKESARI

55

Ingredients

125 mg. tablet of *Unmadagajakesari* contains approx. :

Sanskrit	Latin	English	Part	Used Quantity
Kajjali	—	Black sulphide of purified mercury	—	41.6 mg
Shuddha manashila	Arsenii disulphidum	Realgar purified	—	20.8 mg
Shuddha dhatura	Datura stramonium	Thorn apple seed purified	Seed	62.4 mg

Actions & Indications

Unmadagajakesari is a vital compound used for treating *unmada* (hysteria) of *kaphaja* type. *Shuddha parada*, *Shuddha gandhaka* (i.e. *Kajjali*) and *Shuddha Manashila* are taken in equal parts together and equal quantity of *Shuddha dhatura* seed powder is mixed with it. All these ingredients are processed with the juice of *Brahmi* (*Bacopa monnieri*) and decoction of *Vacha* (*Acorus calamus*) for seven times, each.

The ingredient like *Kajjali* exerts a rejuvenative, catalyst and antimicrobial action. *Manashila* alleviates *kapha dosha* and works well as a rejuvenative. *Dhatura* is hot, light in attributes and alleviates *kapha* and *vata doshas*. It is narcotic, potent painkiller and exerts cholinergic blocking activity. Hence, it is beneficial to allay the pain in *vata* disorders. *Vacha* is bitter and pungent in taste, pungent in the post digestive effect and has hot potency. It alleviates *kapha* and *vata doshas* and it has a special potency

(*prabhava*) to decimate *unmada* (hysteria) and *apasmara* (epilepsy). The sharp attribute of *Vacha* alleviates *kapha dosha* and *tamaguna* and revives the consciousness in seizures. It also works well as a nervine or *medhya rasayana*. *Brahmi* is rejuvenative, alleviates all three *doshas* and is salutary in epilepsy and hysteria. It nourishes the nervine tissue by pacifying the *pitta* and helps in mental debility.

Unmadagajakesari is highly recommended in hysteria with signs and symptoms of *kapha* dominance, like heaviness in the body, cold limbs, delirium etc. It also works in epilepsy with great benefit and relieves fever.

Dosage

1 tablet; twice a day, with milk or ghee.

Reference

Rasaraj Sundar, *Unmada*

VANTIHRUDRASA

56

Ingredients

250 mg. tablet of *Vantihrudrasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Lohabhasma	Ferrum	Clax of purified iron	—	62.5 mg
Shankhabhasma	Turbinella pyrum	Calx of purified sacred conch shells	—	62.5 mg
Shuddha parada	Hydrargyrum	Purified mercury	—	62.5 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	62.5 mg
Processed with :				
Kumari	Aloe vera	Indian aloe	Leaf	
Krishna dhatura	Datura metal	Thorn apple	Seed	
Chukra	Rumex vesicarius	Bladder dock	Leaf	

Actions & Indications

Vantihrudrasa is useful to alleviate the vomiting. The ingredients *Lohabhasma*, *Shankhabhasma*, *Shuddha parada* and *Gandhaka* are triturated together till fine powder is formed. It is then processed, separately, with the juices of *Kumari*, *Krishna Dhatura* and *Chukra*, then the pulp of all these materials is covered with cloth and treated with heat. After cooling, triturate it till fine powder is formed. Finally, tableting is done.

The Sanskrit word '*Vanti*' means vomiting. Vomiting is quite a common symptom. *Vantihrudrasa* is recommended in vomiting due to aggravated condition of *pitta dosha*, especially due to its liquid, acid and sharp attributes in excess. Vomiting in hyperacidity, pepticulcer due to aggravation of *pitta dosha* responds well to this preparation. The patients with chronic vomiting,

especially, after food with indigestion, flatulence and pallor respond very well to this drug.

When the diseases like anaemia, anasarca, heart disease, enlarged liver, chronic fever are associated with vomiting due to aggravation of *pitta dosha*, show remarkable improvement with *Vantihrudrasa*. In worms, it is given along with *Vidanga*, *Ajamoda* and honey.

Caution : Avoid in pregnancy, constipation, gonorrhoea and syphilis.

Dosage

1-2 tablet; twice a day, with warm water or honey.

Reference

Rasachandanshu

VATAGAJANKUSHA

57

Ingredients

250 mg. tablet of *Vatagajankusha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	41.6 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	41.6 mg
Shuddha karaskara	Strychnos nux vomica	Purified nux vomica	Seed	83.3 mg
Shunthi } Trikatu	Zingiber officinale	Dry ginger	Rhizome	83.3 mg
Maricha }	Piper nigrum	Black pepper	Fruit	
Pippali }	Piper longum	Long pepper	Fruit	

Actions & Indications

Vatagajankusha is one of the formulation containing *Karaskara* (*Vishatinduka*), like *Agnitundi* and *Vishatinduka vati*. But in this formulation, the quantity of *Karaskara* is comparatively less. Like *Vishatinduka vati* and *Agnitundi rasa* this preparation is also indicated in loss of appetite, indigestion and abdominal pain. All ingredients are triturated together and processed with the lemon juice, which potentiates the formulation to stoke the *agni*.

The ingredients like *Shunthi* boosts the *agni* because of its hot attribute and alleviates *kapha* and *vata doshas*. It digests the *ama*, facilitates the *vata dosha* in the gut and helps to relieve the abdominal pains. *Maricha* also exerts the similar actions. *Pippali*, in addition, helps to relieve constipation and alleviates anorexia, dyspepsia, hyperacidity, abdominal pain especially in acid-peptic diseases and peptic ulcer. *Kajjali* exerts

mild laxative action and works well as a catalyst. *Karaskara*, the cardinal ingredient, stokes *agni*, digests *ama*, mitigates *kapha* in the stomach, exerts anthelmintic action, improves bile secretion and facilitates *vata* from the gut. Hence, it is extremely benevolent in dyspepsia, colitis, worm infestations to alleviate the colicky pains.

As a whole, *Vatagajankusha* relieves the abdominal colics by improving the *agni* and digestion. It is recommended in hyperacidity, peptic ulcer, intestinal worm infestation, flatulent dyspepsia associated with pain in abdomen, especially due to aggravated *vata*.

Dosage

1-2 tablet; thrice a day, with warm water.

Reference

Proprietary

VATA KULANTAKA**58****Ingredients**

125 mg. tablet of *Vata kulantaka* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kasturi	Moschus moschiferus	Musk	—	13.8 mg
Shilajatu	Asphaltum	Purified asphalt	—	13.8 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	13.8 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	13.8 mg
Shuddha parada	Hydrargyrum	Purified mercury	—	13.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	13.8 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	13.8 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	13.8 mg
Lavanga	Caryophyllus aromaticus	Clove	Flower	13.8 mg

Actions & Indications

Vata kulantaka is a useful formulation in treating the diseases caused by aggravation of *vata dosha*. Majority of the ingredients alleviate *vata* and relieve the diseases.

Kajjali is a rejuvenative and catalyst in this composition. It also exerts a mild laxative action and help the alleviation of *vata dosha*. *Kasturi* (musk) is aromatic, hence pacifies *vata* and also *kapha dosha*. *Shilajatu*, the purified asphalt, is pungent in taste and post digestive effect, alleviates *kapha* and *vata doshas*, exerts a catalytic action and is a rejuvenative. *Bibhitaka* also imparts a rejuvenating action and its seed

induces sleep and exerts analgesic effect. *Ela* and *Lavanga* being aromatic components, alleviate *vata dosha*.

Vata kulantaka is recommended in the diseases caused by aggravation of *vata*. It also works well in epilepsy and various nervous diseases.

Dosage

1 tablet; 3 times a day, with milk.

Reference

Bhaishajya Ratnavali

VATAVIDHWANSA RASA**59**

This formulation is a synonym of *Mahavatavidhwansa*. (Please see *Mahavatavidhwansa* No.33)

VISHATINDUKA VATI

60

Ingredients

250 mg. tablet of *Vishatinduka vati* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	59.5 mg
Karaskara	Strychnos nux vomica	Purified nux vomica	Seed	59.5 mg
Hingu	Ferula foetida	Asafoetida	Resin	11.9 mg
Vidanga	Embellia ribes	Embellia fruits	Fruit	11.9 mg
Trilavanam	—	Rock, Vit, Black Salt	Salt	35.7 mg
Chowhara	Artemisia maritima	Worm seed	Seed	11.9 mg
Ajamoda	Carum capticum	Ajowan	Seed	11.9 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizomes	11.9 mg
Pippali	Piper longum	Long pepper	Fruit	11.9 mg
Maricha	Piper nigrum	Black pepper	Fruit	11.9 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	11.9 mg
Processed with :				
Kanjika	—	Gruel	—	
Rasona	Allium sativum	Garlic juice	Bulb	

Actions & Indications

Vishatinduka is a synonym of *Karaskara*. *Vishatinduka vati* is one of the choicest remedy for improving the tone of smooth muscles of gastrointestinal tract and urinary system. As *Vishatinduka* is beneficial for *mamsa dhatu*, it boosts up the tone of smooth muscles. All ingredients in this compositions are processed with *Kanjika* and *Rasona* (garlic) juice and finally tableted.

Ingredients like *Trikatu* i.e. *Shunthi*, *Maricha* and *Pippali* are hot in potency, hence alleviate *vata* and *kapha doshas*. It also strokes *agni* well, improves digestion, mitigates *ama*, facilitates and dyspepsia. *Hingu* and *Rasona* are known to possess a potent deflatulent action. *Vidanga* digests the *ama*, exert mild laxative activity and facilitates *vata* from the gut. It also relieves flatulence and enhances the appetite. Three salts augment appetite and promote digestion. *Ajamo-*

da, *Chowhar* and *Vidanga* are well known anthelmintics. *Haritaki* alleviates hyperacidity, stimulates liver and boosts up all digestive metabolism. It also works well to alleviate worm infestations. *Karaskara* or *Vishatinduka*, the component tones up the smooth muscles in the body. Hence, *Vishatinduka vati* is recommended in nocturnal enuresis in children, anorexia, indigestion abdominal pain and worm infestations. It also helps in failure of penile erection. It helps in *vata* diseases like facial palsy, paralysis, sciatica as an adjunct as, it digests the *ama* and alleviates *vata*.

Dosage

1-2 tablet; 3 times a day, with warm water.

Reference

Proprietary

VYOSHADI GUTIKA

61

Ingredients

250 mg. tablet of *Vyoshadi gutika* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shunthi	Zingiber officinale	Dry ginger	Rhizome	25 mg
Maricha	Piper nigrum	Black pepper	Fruit	25 mg
Pippali	Piper longum	Long pepper	Fruit	25 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	25 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	25 mg
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	25 mg
Vidanga	Embelia ribes	Bidanga	Fruit	25 mg
Tila	Sesamum indicum	Sesame	Seed	25 mg
Bhallataka	Semecarpus anacardium	Marking nut	Fruit	25 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	25 mg

Actions & Indications

Vyoshadi gutika is an excellent composition for treating haemorrhoids and various skin afflictions. All the ingredients are mixed together, in equal quantity, and finally tableted.

Vagbhata has mentioned that *agnimandya* i.e. low *agni*, is the basic essential cause for pathogenesis of *arsha* (piles), *atisara* (diarrhoea) and *grahani* (colitis). Many a times *atisara* and *grahani* finally cause *arsha*, as a sequele. Hence to treat the cause in piles, according to Ayurvedic postulates, is to reduce *agnimandya* by stimulating *agni*. Which in turn, improves the appetite and digestion, mitigates *ama*, clears the blockages in the subtle channels (*srotorodha*) and pacifies the aggravated *doshas*. In this way, the root cause for

piles is treated with this composition. Moreover, *Triphala* and *Tila* relieve the constipation and alleviate *vata* and facilitate it in the gut. *Bhallataka* stokes *agni*, improves digestion, digests the *ama*, relieves the flatulence and works well in nonbleeding piles. This drug should not be used in bleeding piles as *Bhallataka* aggravates *pitta dosha* by its hot and sharp attributes.

Dosage

1-2 tablet; 3 times a day, with warm water.

Reference

Yoga Ratnakara, *Arshodhikara*

GUTI VATI SUVARNAYUKTA
TABLETS CONTANING GOLD BHASMA

BRUHAT VATA CHINTAMANI

1

Ingredients

125 mg. tablet of *Bruhat vata chintamani* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarnabhasma	Aurum	Calx of purified gold	15 mg
Roupyabhasma	Argentum	Calx of purified silver	10 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	10 mg
Lohabhasma	Ferrum	Calx of purified iron	25 mg
Pravalpishti	Corallium rubrum	Fine processed powder of purified coral	15 mg
Mouktikabhasma	Mytilus margaritiferus	Fine processed pearl powder	15 mg
Rasasindura	—	—	35 mg

Actions & Indications

Bruhat vata chintamani consists of *bhasmas* of *Suvarna*, *Roupya*, *Abhraka*, *Loha*, *Mouktika* along with *Pravalpishti* and *Rasasindura*. All these components are finally processed with the juice of *Kumari* (Indian aloe), which adds to the properties of all ingredients by stoking *agni*, nourishing the body tissues and imparts a rejuvenative action. As a whole, the formulation is *balya* i.e. adds to the body strength, by nourishing the body tissues. It is beneficial in the aggravated *vata* conditions due to tissue depletion (*dhatukshaya*).

Suvarnabhasma is one of the best rejuvenative, especially to the heart. It detoxifies the toxic metabolites in the blood and works well as an anti-toxic agent. It not only stimulates the heart, but nourishes it by opening up the coronaries and also stimulates the nervine tissue of heart. Moreover, it is antimicrobial agent, promotes immunity, vision and intellect. It promptly replenishes the tissue loss-*dhatukshaya*. *Roupya-bhasma* is cooling, rejuvenating, pacifies the brain and female urogenital tract. It also promotes the body strength and intellect. *Abhrakabhasma*

strengthens the lungs and heart. It pacifies the nervine irritation, hence, is beneficial in epilepsy, hysteria and improves memory. It works well in mental retardation in children. *Lohabhasma* is the well known haematinic, alleviates *kapha dosha* and is salutary in anasarca, anaemia, hepatosplenomegaly, diabetes, skin diseases of *pittaja* type. *Pravalbhasma* is extremely cooling, promotes body strength and is useful in asthma, cough, tuberculosis, and burning sensation of eyes, hands and feet and micturition. *Mouktikabhasma* in addition, is a good heart tonic, useful in asthma and tuberculosis. *Rasasindura* works well as a catalyst, dries off mucous secretions and strengthens the lungs. *Bruhat vata chintamani* is recommended in asthma, tuberculosis, heart diseases, *vata* diseases like paralysis, muscle wasting disorders, epilepsy, hysteria and as a *rasayana*.

Dosage

1 tablet; 2 times a day after meal, with milk.

Reference

Bhaishajya Ratnavali

CHATURBHUJA RASA

2

Ingredients

125 mg. tablet of *Chaturbhuja rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha haratala	Arsenii trisulphidum	Purified orpiment	—	20 mg
Rasasindura	—	Red mercurial	—	40 mg
Suvarnabhasma	Aurum	Calx of purified gold	—	20 mg
Shuddha manahshila	Arsenii disulphidum	Purified realgar	—	20 mg
Kasturi	Moschus moschiferus	Musk	—	20 mg
Processed with :				
Kumari swarasa	Aloe vera	Indian aloe	Leaf	—

Actions & Indications

Chaturbhuja rasa is one of the best formulation for treating respiratory diseases caused by aggravation of *kapha dosha*. *Rasasindura*, the cardinal component is the leading catalyst as it enhances the effects of all other ingredients. It strengthens the lungs and dries off the respiratory mucous secretions. It is mucolytic in action and mitigates *kapha dosha*. It is benevolent in bronchitis, pneumonia, tuberculosis, common cold and pleurisy. In tuberculosis with cavitation, it works well with *Suvarna bhasma*. It is also stimulant to heart and relieves the fever of *kaphaja* type.

Manahshila is bitter and pungent, promotes digestion, alleviates *kapha dosha*, exerts antimicrobial activity, detoxifies the toxins in the blood and is useful in cough, bronchial asthma. *Haratala*, and detoxifier like *Manahshila*, is beneficial in asthma, fever and dermatoses. *Kasturi* exerts a drying effect on the phlegm and

alleviates *kapha* and *vata dohsas*. *Suvarna bhasma* is the best rejuvenative to heart, improves immunity and works well in tuberculosis with cavitation. It is extremely salutary in convalescence, esp. fevers causing severe debility. *Kumari* used to process with, is the best *rasayana* to recoupe debility, stokes *agni* well, nourishes body tissues and is useful in fever, anaemia etc.

Chaturbhuja rasa is recommended in cough, bronchitis, pneumonia, tuberculosis, anorexia. With *triphala churna* and honey, it works well in greying hair, wrinkles and fever.

Dosage

1-2 tablet; twice a day, with milk or honey.

Reference

Rasachandanshu

CHATURMUKHA RASA

3

Ingredients

125 mg. tablet of *Chaturmukha rasa* contains approx. :

Sanskrit	Latin	English	Part	Used Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	29 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	29 mg
Lohabhasma	Ferrum	Calx of purified iron	—	29 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	29 mg
Suvarnabhasma	Aurum	Calx of purified gold	—	8 mg
Processed with :				
Kumari	Aloe vera	Aloe	Leaf	
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Amalaki	Emblca officinalis	Emblc myrobalan	Fruit	
Punarnava	Boerhaavia diffusa	Spreading hogweed	Root	
Chitraka	Plumbago zeylanica	Leadwort	Root	
Padmaka	Prunus puddum	Bird cherry	Flower	
Shunthi	Zingiber officinale	Dry ginger	Rhizome	
Maricha	Piper nigrum	Black pepper	Fruit	
Pippali	Piper longum	Long pepper	Fruit	

Actions & Indications

Chaturmukha rasa, one of the best rejuvenative, is mentioned to be designed by God Brahma. It is the choicest medicine for tuberculosis. *Laxmi-vilas rasa* works on *kapha dosha* from the lungs.

Suvarna bhasma is the best rejuvenative, cardiac tonic, anti-toxic agent, and improves immunity. It shows excellent results in tuberculosis with cavitation. As a *raśayana*, *Abhraka bhasma* facilitates the nourishment of all body tissues. It is very beneficial in tuberculosis, asthma and cardiac debility. The herbs used to process with, like *Kumari*, *Triphala*, *Trikatu*, *Chitraka*,

Punarnava and *Padmaka* are useful to stoke *agni*, improve digestion, enhance the body strength, nourish well all the body tissues and are rejuvenating. *Chaturmukha rasa* is recommended in tuberculosis, anaemia, asthma, debility, heart diseases and in convalescence.

Dosage

1-2 tablet; 3 times a day, with milk.

Reference

Yoga Ratnakara

HEMAGARBHA MATRA

4

Ingredients

1 gm. *matra* of *Hemagarbha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	—	400 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	200 mg
Tamrabhasma	Curpum	Calx of purified copper	—	300 mg
Suvarnabhasma	Aurum	Calx of purified gold	—	100 mg
Processed with :				
Kumari	Aloe vera	Indian aloe	Leaf	

Actions & Indications

The Sanskrit word 'Hema' means the gold and 'Hemgarbha' denotes, one which contains gold. *Suddha parada*, *Gandhaka*, *Tamra bhasma* and *Suvarna bhasma* are triturated with the juice of Indian aloe (*Kumari*) for seven days. Then the fine substance is wrapped in a silk cloth (*pottali*) and is boiled in boiling sulphur till cooked well. Then the solid matter at the bottom is collected, which is *Hemagarbha matra*. *Matra* means a big tablet which is used by matting or rubbing it with milk on the *sahan* - a rough flat stone and the paste is used for medicinal purpose in a form of semisolid paste for licking.

Hemagarbha is very hot and sharp in attributes. It is one of the best emergency drug from Ayurvedic treasure, but should be used sparingly. It is one of the best promptly acting cardiac stimulant, hence with just licking the paste, it stimulates the pulse rate and circulation instantly when the patient is with feeble pulse, severe brady cardia along with cold sweating, the drug really makes wonder by stimulating the circulation and revives the patient.

Suvarna bhasma augments the *agni* of *mamsa dhatu* and nourishes the muscle tissue (*mamsa dhatu*) in the body. *Tamra bhasma* increases the muscle tone, hence the combination works well to stimulate the cardiac musculature and alleviate the cardiac debility. *Kajjali* exerts the action as a catalyst and augments the properties of *Suvarna* and *Tamrabhasma*. *Gandhaka* is rejuvenative and catalyst, also.

Hemagarbha is recommended in cardiac debility, hypotension, asthma, cholera and *vata* diseases like *tandra*, *bhrama*, *sanyasa* etc. It works especially well, in conditions associated with aggravation of *kapha dosha*.

Dosage

Matted paste 15-30 mg; thrice a day, with ginger juice or honey.

Reference

Rasachandanshu

LAXMIVILAS RASA

5

Ingredients

125 mg. tablet of *Laxmivilas rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Suvarnabhasma	Aurum	Calx of purified gold	—	5.6 mg
Roupyabhasma	Argentum	Calx of purified silver	—	5.6 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	5.6 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	5.6 mg
Kantalohabhasma	Ferrum	Calx of purified load stone	—	5.6 mg
Vangabhasma	Stannum	Calx of purified tin	—	5.6 mg
Mandurabhasma	Ferroso	Calx of purified dross iron	—	5.6 mg
Tikshnalohabhasma	—	Calx of purified rough iron	—	5.6 mg
Mouktikabhasma	Mytilus margaritiferus	Calx of pearls	—	5.6 mg
Nagabhasma	Plumbum	Calx of purified lead	—	5.6 mg
Shuddha vatsanabha	Aconitum ferox	Purified monk's hood	Root	5.6 mg
Rasasindura	—	Red mercurial	—	62.4 mg
Processed with :				
Madhu	Mel depuratum	Honey	—	
Chitraka	Plumbago zeylanica	Leadwort	Root	

Actions & Indications

Laxmivilas rasa is also known as *Mahalaxmivilas*. This composition consists of *Suvarna*, *Abhraka*, *Loha* and *Tamra bhasmas* along with *Rasasindura* like *Bruhat vata chintamani*. All ingredients are processed with the decoction of *Chitraka* (*Plumbago zeylanica*) roots. It makes the drug quick acting.

Rasasindura mitigates the aggravated *kapha dosha* and becomes useful in respiratory diseases like bronchitis, cough, tuberculosis. It exerts a catalytic action and enhances the properties of the whole formulation. *Vatsanabha* is light, sharp and *vyavayi* and *vikasi* in its attributes. *Vyavayi* means that the drug which first diffuses through

the whole body and is then digested. *Vikasi* denotes the drug that displaces *ojas* from *dhatus* and the whole body and joints. *Vatsanabha* mitigates aggravated *kapha dosha* from the stomach and prevents cough and dyspnoea. *Suvarna bhasma* is the best rejuvenator for heart. *Abhraka bhasma* works well in cardiac debility and asthma and imparts rejuvenative action. *Tamrabhasma* revives the cardiac tone and also augments bil secretion. It is beneficial in anorexia, anaemia and liver diseases. *Naga bhasma* is useful in bleeding piles, colitis and *vata* diseases. *Vanga bhasma* is a *rasayana*, promotes semen, strength, immunity and intellect. *Mandura* and

Kanta bhasmas are haematinic. *Roupya bhasma* is the best nervine.

Laxmivilas rasa is recommended in cardiac debility, anaemia, jaundice, oligospermia, piles, nervous disorders, oedema and cough.

Dosage

1-2 tablet; 2- 3 times a day, with honey or milk.

Reference

Yoga Ratnakara

LOKANATH RASA – SUVARNAYUKTA

6

Ingredients

250 mg. tablet of *Lokanath rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kapardikabhasma	Cyperea moneta	Cowrie shells calx	—	19.6mg
Maricha	Piper nigrum	Black pepper	Fruit	3.5 mg
Shuddha vatsanabha	Aconitum ferox	Monk's hood purified	Root	2.8 mg
Rasasindura	—	Red mercurial	—	56 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	28 mg
Ahiphena	Papaver somniferum	Purified opium	Fruit	11.2 mg
Suvarnabhasma	Aurum	Calx of purified gold	—	2.1 mg

Actions & Indications

[Please refer to *Guti-Vati-rasa*, formulation No.26].

Suvarnayukta lokanath rasa is a more potent composition than *Lokanath rasa*, as it contains few more additions like *Suvarna bhasma*, *Rasasindura* and *Ahiphena*.

Rasasindura is a well known cardiac stimulant and boosts up the strength of heart. It also mitigates *kapha dosha* and thus is useful in respiratory diseases like bronchitis, cough, common cold, tuberculosis, pleurisy. It exerts a mucolytic action and also relieves the fever of *kaphaja* type. *Ahiphena* is hot, dry and subtle in attributes. It alleviates *vata* and *kapha doshas*. In small dosage, it boosts up the body functions by elevating the mood and alleviates the mental stress. It also exerts a sedative, analgesic and antidiarrhoeal effects. *Suvarna bhasma* imparts the rejuvenative

action, is a cardiac tonic, anti-toxin, nourishes all body tissues, exerts antimicrobial action and is useful in various diseases like cardiac debility, tuberculosis, colitis, asthma, dermatoses, sexual debility etc.

Lokanath rasa with gold, is recommended in umpteen diseases like sprue, urinary disorders like dysuria, bronchitis, cough, dyspnoea, giddiness and diseases due to aggravation of *kapha dosha* and *vata-pitta doshas*.

Dosage

1-2 tablet; twice a day, with sugar, ghee or black pepper powder along with *mocharasa*.

Reference

Rasachintamani

MAKARADHWAJA

7

Ingredients

250 mg. tablet of *Makaradhwaja* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sindura (prepared from)				
- Parada	Hydrargyrum	Mercury— 8 parts	—	110 mg
- Gandhaka	Sulphur	Sulphur —16 parts	—	
- Suvarna	Aurum	Gold —1 part	—	
Karpura	Cinnamomum comphora	Camphor	Resin	110 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	8 mg
Maricha	Piper nigrum	Black pepper	Fruit	8 mg
Kasturi	Moschus moschiferus	Musk	—	8 mg

Actions & Indications

Makaradhwaja is also known as 'Purna chandrodaya'. First *Kajjali* is prepared from *parada* and *Gandhaka*. Then *Suvarna bhasma* is mixed into it and by *Kupikapakva* procedure, then heated in a bottle in *valuka yantra*. On cooling, on its own, a reddish substance is obtained. Equal quantity of camphor is added to it and triturated together. Finally *Jatiphala*, *Maricha* and *Kasturi* are added and again triturated till fine powder is obtained and tableted.

Makaradhwaja is one of the best aphrodisiac (*vrushya*) preparation and extremely beneficial in diseases of the respiratory system like pleurisy, tuberculosis, asthma, bronchitis, especially due to aggravation of *vata* and *kapha doshas*. *Suvarna bhasma* stokes the *agni* of *mamsa dhatu*, hence is one of the best rejuvenative to muscle tissue. It is rejuvenative, hence nourishes all *dhatu*s well, especially *shukradhatu*. Hence it is

highly recommended in male sexual debility associated by oligospermia, premature ejaculation, erectile failure etc. It also works well in young adults, in both sexes, in under-development of genital organs. *Suvarna bhasma* exerts detoxifying activity on toxic metabolites in the blood and works well as an antimicrobial agent. *Karpura*, *Jatiphala* and *Kasturi* add to the aphrodisiac effects of *Suvarna bhasma*. *Makaradhwaja* is recommended in impotency, premature ejaculation, sexual debility, asthma, pleurisy, tuberculosis, as a rejuvenative, as a detoxifier and in general debility as a tonic.

Dosage

1 tablet; once a day, with honey.

Reference

Bhaishajya Ratnavali, *Vajikarana*

SUTIKABHARANA RASA

8

Ingredients

125 mg. tablet of *Sutikabharana rasa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Suvarnabhasma	Aurum	Calx of purified gold	—	9.5 mg
Roupyabhasma	Argentum	Calx of purified silver	—	9.5 mg
Tamrabhasma	Cuprum	Calx of purified copper	—	9.5 mg
Pravalbhasma	Corallium rubrum	Calx of purified coral	—	9.5 mg
Rasasindura	—	Red mercurial	—	9.5 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	9.5 mg
Abhrakabhasma	Arsenii trisulphidum	Calx of purified mica	—	9.5 mg
Shuddha haratala	Arsenii trisulphidum	Purified orpiment	—	9.5 mg
Shuddha manashila	Arsenii disulphidum	Purified realgar	—	9.5 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	3.16 mg
Pippali	Piper longum	Long pepper	Fruit	3.16 mg
Maricha	Piper nigrum	Black pepper	Fruit	3.16 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	9.5 mg

Actions & Indications

Sutikabharana rasa is a noteworthy medicine for puerperal diseases, especially tetanus. All the components are triturated together and finally processed with the latex of *Arka* (*Calotropis gigantea*). It helps to stoke *agni*, improves digestion, exerts laxative action and alleviates *vata dosha*.

In puerperal period, specific attention and care should be taken on hygienic condition. Many a times, because of lack of hygiene, puerperal diseases occur. Tetanus is one of the common most puerperal disease. *Sutikabharana rasa* is the drug of choice in this condition.

Suvarna bhasma is one of the best antimicrobial and it detoxifies the toxic metabolites from the blood. It also imparts its rejuvenative action. Other *bhasmas* like *Roupya*, *Tamra*, *Abhraka*, *Haratala* and *Manashila* possess rejuvenative

action. *Praval bhasma* pacifies the *doshas*, relieves fever and is a good tonic. *Haratala* and *Manashila* alleviate *vata*, relieve fever also. *Katuka* is a well known antipyretic herb and also a cholegogue. *Sutikabharana rasa* also relieves the pains e.g. chest pain, back pain and reduces the fever as well. It can also be used in the patients of tetanus. It specially works well in puerperal period as an antitoxin, antispasmodic for skeletal muscles, antipyretic and antimicrobial agent. It works well, especially, in aggravated conditions of *vata* and *kapha*.

Dosage

1-2 tablet; 2 times a day, with milk.

Reference

Yoga Ratnakara

SUVARNA MALINI VASANT

9

Ingredients

125 mg. tablet of *Suvarna malini vasant* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarnabhasma	Aurum	Calx of purified gold	6.5 mg
Mouktikabhasma	Mytilus margaritiferus	Fine processed (calx) of pearls	13 mg
Hingula	—	Purified cinnabar	19.5 mg
Maricha shweta	Piper nigrum	Pepper	26 mg
Rasaka(Kharpar)	Zinci carbonas	Calamine	52 mg

Actions & Indications

Suvarna malini vasant consist of addition of *Suvarnabhasma* and *Hingula*, in the formulation *Laghu malini vasant*. All ingredients are triturated together till fine powder is formed. Then cow's butter is added and triturated, till the oiliness of butter is lost. The whole mixture is then triturated with lemon juice. When the juice gets dried up, more lemon juice is added and triturated further. This procedure is carried out for 42 days. Finally it is tabletd.

Addition of *Suvarnabhasma* potentiates the composition and makes it extremely effective. *Hingula* dries off the phlegm and mucous secretions from respiratory tract and mitigates *kapha dosha*. It makes *Suvarna malini vasant* the choicest remedy for early stages of tuberculosis. Because *Suvarnabhasma* imparts a rejuvenating activity, augments the strength, works well as a haemopoietic. *Mouktika bhasma* is cooling, augments the body strength and is haemopoietic. *Rasaka* reduces glandular swellings, exerts

antitubercular action, improves the body strength. It alleviates *kapha dosha* also. *Maricha* is an appetiser, antipyretic and digestant.

Suvarna malini vasant is recommended in early tuberculosis, bronchitis, asthma, chronic fever with splenomegaly and anorexia, sexual debility because of over indulgence of sex, leucorrhoea, cervical adenitis, chronic colitis and diarrhoea, anorexia with *ama* formation. As *Suvarna malini vasant* boosts up the *dhatvagnis*, it helps in tissue transformation and enables the nourishment of all the seven *dhatu*s and augments *ojas*. It improves the complexion, augments the immunity, hence, is praised to be useful in all diseases.

Dosage

1-2 tablet; 2 or 3 times a day, with milk.

Reference

Yoga Ratnakara

SUVARNA SUTASHEKHAR**10****Ingredients**

125 mg. tablet of *Suvarna sutashekhar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sutashekhar rasa	—	—	—	118 mg
Suvarnabhasma	Aurum	Calx of purified gold		7 mg
Processed with :				
Bhringaraja	Eclipta alba		Whole plant juice	

Actions & Indications

[Please refer *Guti-Vati-rasa*, formulation No. 53 - *Sutashekhar rasa*]

Addition of *Suvarna bhasma* to *Sutashekhar rasa* potentiates the formulation enormously. It exerts various actions like, it is the best rejuvenative,

haematinic, pacifies *pitta dosha* and facilitates the sequence of nourishment of all body tissues (*dhatuposhana karma*). *Suvarnabhasma* makes the formulation quick acting.

* For all other details, please refer *Sutashekhar rasa*, formulation no. 53 in *Guti-Vati-Rasa*.

SUVARNA SAMEERPAUNNAGA

11

Ingredients

125 mg. tablet of *Suvarna sameerpannaga* contains approx. :

Sanskrit	Latin	English	Quantity °
Suvarnabhasma	Aurum	Calx of purified gold	5 mg
Parada	Hydrargyrum	Purified mercury	24 mg
Gandhaka	Sulphur	Sulphur purified	24 mg
Haratala	Arsenii trisulphidum	Yellow orpiment purified	24 mg
Shankhavishta	Arsenum	White arsenic purified	24 mg
Manashila	Arsenii disulphidum	Realgar purified	24 mg

Actions & Indications

(Please refer *Sameerpannaga rasa* in later chapter-*Kupipakva Rasayana*). *Suvarna sameerpannaga* is the same formulation as *Sameerpannaga rasa*, with the addition of *Suvarnabhasma*. First of all *Kajjali* is prepared and the powders of *Shankhavishta* (*Somala*), *Manashila* and *Haratala* is added to it. Then the whole mixture is triturated with *Tulasi* (*Ocimum sanctum*) juice. After that with the help of *valuka yantra*, this *kupipakva rasayana* is prepared. Unlike other *kupipakva rasayanas*, this formulation remains at the bottom of the bottle, instead of at the top. Hence it is also called as *Talastha sameer pannaga*.

Sameer pannaga rasa is one of the exclusive preparation used in *vata* diseases. Addition of *Suvarna bhasma* makes the formulation more potent and alleviates *vata* very powerfully. *Suvarna bhasma* is a rejuvenative, sweet, bitter and astringent in taste, sweet in the post digestive effect and has cold potency. It is aphrodisiac, antitoxin, antimicrobial, augments complexion, strength, intellect and memory. It is a cardiac

tonic, anti-tubercular, haemopoietic and aphrodisiac in properties.

Suvarna sameerpannaga is recommended in rheumatic fever (*amavata*), gout, tubercular arthritis, sciatica, brachial neuralgia, paralysis and other various *vata* diseases. It is an incomparable medicine for treating tuberculosis, asthma, bronchitis caused by aggravated *kapha dosha*. *Sameerpannaga rasa* works well mainly in *vata* diseases caused due to aggravation of *vata* because of blockages in the subtil channels (*srotorodha*), whereas, *Suvarna sameerpannaga* works well in *srotorodhajanya* and *dhatukshayajanya* aggravated *vata* conditions. It is dispensed in a powder form.

Dosage

30-50 mg; 2-3 times a day, with honey and ginger juice.

Reference

Rasachandanshu

Ingredients

125 mg. tablet of *Vasant kusumakar* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Suvarnabhasma	Aurum	Calx of purified gold	—	8 mg
Roupyabhasma	Argentum	Calx of purified silver	—	8 mg
Praval (chandraputi)	Corallium rubrum	Fine processed coral powder	—	16 mg
Rasa sindura	—	Red mercurial	—	16 mg
Mouktikabhasma	Mytilus margaritiferus	Fine processed calx of pearls	—	16 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	—	16 mg
Lohabhasma	Ferrum	Calx of purified iron	—	12 mg
Nagabhasma	Plumbum	Calx of purified lead	—	12 mg
Vangabhasma	Stannum	Calx of purified tin	—	12 mg
Triturated/processed in :				
Vasa	Adhatoda vasica	Malabar nut	Root	
Chandana	Santalum album	Sandalwood	Bark	
Ikshu	Saccharum officinarum	Sugar cane	Root	
Kadali kanda	Musa paradisiaca	Banana tree root	Rhizome	
Haridra	Curcuma longa	Turmeric	Rhizome	
Nilkamal	Nymphaea stellata	Indian blue water lily	Flower	
Malatipushpa	Hiptage madablota	—	Flower	
Dugdha	Lactus	Milk	—	

Actions & Indications

Vasant kusumakar contains all the components similar to *Bruhat vata chintamani*, in addition, it consists of *Naga* and *Vanga bhasmas*. Hence, it is used to nourish all *dhatu*s and alleviates the *vata dosha*, aggravated because of tissue depletion (*dhatukshaya*). *Vanga bhasma* is bitter, hot, dry heavy, sharp in attributes. It alleviates *vata* and *kapha doshas*. It is aphrodisiac, appetiser, digestant and bulk promoting in properties. It is beneficial in diabetes, oligospermia, sexual debility, anaemia, tuberculosis and

various skin diseases. *Nagabhasma* is hot in potency, appetiser, alleviates *vata* and *kapha doshas*. It is salutary in genito-urinary system. It augments *mamsa*, *majja* and *shukra dhatu*s i.e. muscle, nervous and reproductive elements, respectively. It works in tuberculosis, anaemia, colitis and diabetes with great benefit.

The ingredients used to triturate and process, like *Vasa*, *Chandana*, *Ikshu*, *Kadali kanda*, *Haridra*, *Nilkamal*, *Malati* and cow's milk are all cooling and thus alleviate *pitta dosha*. Thus, whenever

vata diseases are associated with aggravation of *pitta*, *Vasant kusumakar* is benevolent. All *bhasmas* nourish *dhatus* well and boost up *ojas*. *Vasant kusumakar* is indicated in urinary disorders, tuberculosis, tissue depletion, diabetes and as a general tonic.

Dosage

1-2 tablet; 2 or 3 times a day, with milk.

Reference

Yoga Ratnakara

YOGENDRA RASA

13

Ingredients

125 mg. tablet of *Yogendra rasa* contains approx. :

Sanskrit	Latin	English	Quantity
Rasasindura	—	Red mercurial	35 mg
Suvarnabhasma	Aurum	Calx of purified gold	18 mg
Kantlohhabhasma	Ferrum	Calx of purified iron	18 mg
Abhrakabhasma	Creta gallica	Calx of purified mica	18 mg
Mouktikabhasma	Mytilus margaritiferus	Calx of pearls	18 mg
Vangabhasma	Stannum	Calx of purified tin	18 mg

Actions & Indications

Yogendra rasa is the best rejuvenating composition, used in umpteen diseases. It contains the *bhasmas* of *Suvarna*, *Loha*, *Abhraka* and *Mouktika* like *Bruhat vata chintamani*. *Rasasindura* is useful as a catalyst to boost up the actions of all *bhasmas*. All ingredients are triturated with the juice of *Kumari* (Indian aloe), which adds to nourishment of tissues, stokes *agni* well and imparts rejuvenative action.

Suvarna bhasma, *Abhraka bhasma* and *Rasasindura* dry off the *kapha* secretions and also strengthen the heart and lungs. *Yogendra rasa* is extremely salutary in asthma, tuberculosis and heart diseases. *Vanga bhasma* augments *ojas* by nourishing all *dhatu*s. By replenishing *dhatu*s, it alleviates the aggravated *vata*. *Vanga bhasma* is also an effective panacea for diseases of the urinary system. It works well in pyelitis, dysuria

and obstructive pathology like strangury.

Yogendra rasa is recommended in various diseases like diabetes, epilepsy, fistula-in-ano, piles, tuberculosis, hysteria, dizziness, abdominal pain, paralysis, diseases of *vata* and *pitta*. It is salutary in cardiac debility and sexual debility also. It imparts magnificent complexion when given along with the decoction of *Triphala*, *Vanshalochana* and *Munjataka*. In general debility, cow's milk is recommended at night, while receiving *Yogendra rasa*.

Dosage

1-2 tablet; 3 times a day, with honey or ginger juice.

Reference :

Dhanvantari Nighantu, *Vatavyadhi*

PARPATI VATI

PARPATI TABLETS

BOLA PARPATI VATI**1****Ingredients**

125 mg. tablet of *Bola parpati vati* contains approx. :

Sanskrit	Latin	English	Quantity
Samagandha kajjali	—	Black sulphide of mercury	62 mg
Raktabola	Commiphora myrrh	—	62 mg

Actions & Indications

There are two types of *Bola* viz. *Raktabola* (red) and *Krishnabola* (black). These are obtained from entirely two different plants and have different properties and usage. *Krishnabola* is obtained as a solid extract of *Kumari* (Indian aloe) leaf and has a property as a purgative and promotes the uterine bleeding and cleanses the uterus, hence is used in post-partum period. *Raktabola* is obtained as a resin of *Commiphora myrrh*, which possesses a potent astringent action and is used to alleviate leucorrhoea and control excessive uterine bleeding in menorrhagia etc.

Bola parpati vati contains the *Raktabola* along with *Samgandhakajjali*. *Raktabola*, the resin, is pungent, bitter and astringent in taste, pungent in post digestive effect and has hot potency. It alleviates all three *doshas*, especially, *kapha* and *pitta*. It is salutary in leucorrhoea, uterine

bleeding, diseases of the blood and disease of *pitta*. It arrests the bleeding disorders like bleeding piles, purpura, menorrhagia, haemoptysis in tuberculosis, metrorrhagia, epistaxis and *raktapitta*, with great benefit.

Bola parpati vati, is available of both the varieties of *bola*, viz. red and black. Thus before using this formulation, one should see that which type of *bola* it consists of. With *Samagandhakajjali*, the resin *Raktabola* is triturated and is prepared in the form of *parpati*. Then it is tableted and used.

Dosage

1-2 tablet; 3 times a day, with milk or honey.

Reference

Yoga Ratnakara, *Pradara*

LOHA PARPATI VATI

2

Ingredients

125 mg. tablet of *Loha parpati vati* contains approx. :

Sanskrit	Latin	English	Quantity
Kajjali	—	Black sulphide of mercury	82 mg
Lohabhasma	Ferrum	Calx of purified iron	41 mg

Actions & Indications

Loha parpati vati is the finest drug used in treating anaemia and chronic colitis associated with anaemia. The purified mercury and sulphur are triturated till the fine 'Kajjali' is formed. Then it is heated in an iron vessel, slowly, till it is liquified and then spread on the leaf of banana tree pressed till it gains the flat shape. This preparation is called as *rasa parpati*. It contains only *rasa* (mercury) and *gandhaka* (sulphur). In *Loha parpati vati*, the addition of *Loha bhasma* is there. It makes the formulation more useful as a haematinic.

Rasa parpati, by itself, works well as an astringent and stokes *agni* well. Hence, it is salutary in all diseases caused by low *agni*. Moreover, all *parpati* preparations act on small intestine, so they promote the functions of small intestine and are benevolent in symptoms of colitis like anorexia, indigestion, foul smelling faeces, diarrhoea, recurrent stomatitis, dull pain in abdomen etc. *Rasa parpati* is beneficial in chronic colitis, chronic

diarrhoea and dysentery, ascites and bronchial asthma.

Loha parpati vati consists all properties of *Rasa parpati*, in addition, it contains *Loha bhasma*. The properties of *Loha bhasma* like astringent, helps to adsorb the fluids from faecal matter and enables the binding of stools. It is one of the best haematinic, hence, is extremely beneficial in chronic colitis with anaemia. *Loha parpati vati* is recommended in anaemia, chronic colitis, abdominal pain and diarrhoea in puerperium, splenomegaly, oedema, piles, anorexia, jaundice, *amavata* and dermatoses. It is rejuvenative and is salutary in greying of hair and wrinkles.

Dosage

1-2 tablet; 2- 3 times a day, with ghee and sugar.

Reference

Rasachandanshu

PANCHAMRUT PARPATI VATI

3

Ingredients

125 mg. tablet of *Panchamrut parpati vati* contains approx. :

Sanskrit	Latin	English	Quantity
Parada	Hydrargyrum	Purified mercury	32 mg
Gandhaka	Sulphur	Purified sulphur	64 mg
Abhrakabhasma	Creata gallica	Calx of purified mica	8 mg
Tamrabhasma	Cuprum	Calx of purified copper	4 mg
Lohbhasma	Ferrum	Calx of purified iron	16 mg

Actions & Indications

Panchamrut parpati vati is highly praised as one of the best *parpati* preparations. It works on caecum, small and large intestine and imparts the actions like antimicrobial, strengthening the digestive organs and alleviation of *doshas*. *Tamra bhasma* works well on the liver by exerting a cholegogue action. *Kajjali* and *Loha bhasma* work on small intestine, whereas, *Loha bhasma* exerts astringent activity and imparts the strength to colon. *Abhraka bhasma* specifically works on the respiratory system, facilitates the nourishment of all the *dhatu*s i.e. body tissues and imparts a nervine action as well. *Panchamrut parpati vati*, thus exerts therapeutic effects on caecum, small and large intestines, lungs and nervous tissue. It imparts a broad spectrum activities on these various systems.

Panchamrut parpati vati is recommended in chronic diarrhoea, dysentery, chronic colitis, acid-

peptic disease, tubercular intestinal diseases. It imparts excellent results in the patients of severe debility due to chronic colitis. It works well in patients with improper bile secretions causing indigestion, diarrhoea with foul odour to stools and especially, associated with mental stress. In chronic cases of colitis, anaemia is commonly associated, because of improper absorption of nutrients and improper nourishment of *dhatu*s, especially of *rakta dhatu*, leading to decrease in haemoglobin percentile. Because of *Loha bhasma*, the well known haematinic, anaemia is corrected.

Dosage

1-2 tablet; 2 or 3 times a day, with ghee and sugar.

Reference

Yoga Ratnakara

SUVARNA PARPATI VATI

4

Ingredients

250 mg. tablet of *Suvarna parpati vati* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarnabhasma	Aurum	Purified gold	7 mg
Shuddha parada	Hydrargyrum	Purified mercury	56 mg
Shuddha gandhaka	Sulphur	Purified sulphur	56 mg

Actions & Indications

Suvarna parpati vati is the supreme remedy for chronic colitis. As *Suvarna bhasma*, the cardinal component of this formulation, is one of the best rejuvenative, boosts up the *dhatvagnis* and replenishes all body tissues, specially the muscle tissue. As it possesses this property, it works well to strengthen the heart, opens up the coronaries and improves the general circulation. In turn, it replenishes all body tissues and increases the immunity. It also imparts detoxifying action on toxic metabolites and also imparts antimicrobial activity. It is extremely useful in anaemia, tuberculosis associated with chronic colitis. It quickly recoups the patients in convalescence and alleviates debility. But as *Suvarna* (gold) possesses heavy attribute, it should not be given in early stages of colitis, as there is severe anorexia because of low *agni*. It should be avoided in the patients of colitis with fever, for the same reason. In such cases, *rasa parpati* should be given in

early stages, as it stokes *agni*. Then *Suvarna parpati vati* is to be given in sever debility due to chronic colitis. It works well in muscular debility, with great benefit. *Suvarna* imparts other benefits like improving intellect, as an aphrodisiac, imparts glow and boosts up immunity.

Suvarna parpati vati is recommended in chronic colitis, tubercular intestinal diseases, diarrhoea, anaemia. It helps to regain the energy and increases the body weight. It strengthens the body as well as mind.

Dosage

1-2 tablet; 2- 3 times a day, with milk during meal.

Reference

Bhaishajya Ratnavali

PISHTI (FINE PROCESSED POWDER)

The Sanskrit word '*Pishti*' means a fine powder. The preparation *pishti* is procured by using the soft and brittle substances which are used for the medicinal purpose. The most common examples are *Praval* (coral) and *Mukta* (pearl).

Majority of the substances used to prepare *pishti* have cold potency. To maintain their cooling property it is observed not to process them by heating. In *pishti* preparation no heat is involved. On the other hand, the drug substance is triturated in rose water (*bhavana*) to enhance its cooling attribute. The gems like *mukta*, *manikya*, *panna*, *trunakant* etc. are used to prepare their *pishti* and also minerals like *jaharamohara* and *badar pashan*. *Pishti* is a finely processed powder, which is the unique mode of preparation, used in Ayurveda.

PISHTI
FINE PROCESSED POWDER

AKIKA PISHTI

1

Ingredients

250 mg. *Akika pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Akika	—	Agate	250 mg

Actions & Indications

Akika is one of the minerals used for medicinal purpose, is categorised under *ratnas*. During the preparation of making the fine powder (*pishti*), it is processed with rose water, which potentiates the cooling effect of *Akika*. In diseases, caused by aggravation of *pitta dosha* in its sharp and hot attributes, *Akika pishti* is beneficial as it has a cold potency. The symptoms like burning sensation (*daha*) in the skin, eyes, hands and feet etc. respond well to this preparation.

As *Akika* possesses a potent haemostatic property, it is salutary in bleeding diathesis (*raktapitta*). The aetiopathogenesis of *raktapitta* is, because of faulty diet, especially, hot, sharp, pungent, spicy and salty food, the hot and sharp attributes of *pitta* get aggravated and vitiated *pitta* displaces the fluids from *dhatu*s. It augments the liquid part of *pitta* and also of *rakta*. Because of this, it vitiates the blood also and causes bleeding through different systems from the body. *Akika pishti* pacifies the hot and sharp attributes

of *pitta* because of its cold potency and also arrests bleeding.

This preparation is recommended in bleeding disorders (*raktapitta*) wherein the bleeding occurs as epistaxis (bleeding through nose), haemoptysis (bleeding through sputum), haematemesis (bleeding through vomiting) etc. *Akika pishti* is also one of the effective remedy for *amlapitta* (acid-peptic disease). It relieves the heart burn, acidic belching and vomiting in hyperacidity very promptly. It is one of the best antacid. It is salutary in the ophthalmic diseases like refractory error. It strengthens the ciliary muscles and alleviates the refractory errors. In epilepsy, it works well to reduce the frequency of seizures.

Dosage

125-250 mg; 3 times a day, with honey.

Reference

Proprietary

BADAR PASHAN PISHTI

2

Ingredients

250 mg. *Badar pashan pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Badar pashan	—	Fossil encrinite	250 mg

Actions & Indications

Badar means the jubaba fruit and *pashan* denotes the stone. *Badar pashan* is a mineral, found in the form of small stones resembling the shape of jubaba fruits, hence the name. Originally, it is used for medicinal purpose in Unani system of medicine and is called as *Hajralyahuda*.

Badar pashan is a small stone, grey in colour with no specific taste or smell. It is found in Arabian countries in abundance. It is washed with hot water before use. It is powdered finely and processed with rose water. The rose water augments the cooling property of *Badar pashan*. Usually, the substances possessing cold potency are prepared in the form of *pishti*, i.e. fine powder and not in the form of *bhasma*, which requires heating, causing loss of cooling property. The finely triturated powder processed with the rose water is *Badar pashan pishti*.

It is highly recommended in urinary disorders like urinary stones, causing dysuria, frequency of micturition, burning of micturition, scanty urination or anuria. *Badar pashan* possesses a potent diuretic property and has a cold potency. Hence it alleviates all the complaints of urinary disorders like urinary calculi (stones). It possesses litholytic property, thus is extremely useful in urinary calculi of small sizes, in early stages. It crushes down and disintegrates the urinary calculi into gravel and expels it through urine. It also alleviates *pitta dosha* and vomiting. It curbs urinary colics also.

Dosage

250-500 mg; twice a day with water.

Reference

Rasamruta

GODANTI HARATALA PISHTI**3****Ingredients**

250 mg. *Godanti haratala pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Godanti haratala	—	Gypsum	250 mg

Actions & Indications

Godanti haratala is a mineral and though it is called as *haratala*, it does not contain *haratala* (arsenic) at all. *Haratala* is a toxic substance, whereas, *Godanti haratala* is absolutely nontoxic. It is rich in calcium and chemically in the form of calcium sulphate. It has a cold potency and it possesses haemostatic property, hence, is useful to arrest the bleeding, especially bleeding through sputum (haemoptysis). *Godanti haratala* helps to curb the haemoptysis in tuberculosis, promotes the healing in cavitation and alleviates fever in tuberculosis.

It is also recommended in bleeding through vomiting (haematemesis) in peptic ulcer. It reduces the hyperacidity and promotes the healing of duodenal ulcer as well. Because of its cold potency, it alleviates the *pitta dosha* and ameliorates the burning sensation in the body. The astringent attribute of *Godanti haratala* is

useful in treating leucorrhoea and menorrhagia.

Godanti haratala being rich in calcium, is used with great benefit in the conditions wherein calcium is required. It is beneficial in rickets, osteo-malacia, intermittent caludication (calf pain) and also alleviates the backache. It promotes the growth of bones and teeth in children.

The *pishti* form i.e. finely powdered form of *Godanti haratala pishti* facilitates its absorption. As during the process, unlike in *bhasmas*, the cooling property of this *pishti* is retained.

Dosage

250-500 mg; 3 times a day, with honey.

Reference

Ayurveda Prakasha

JAHARMOHARA PISHTI

4

Ingredients

250 mg. *Jaharmohara pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Jaharamohara	—	Serpentine orephite	250 mg

Actions & Indications

Jaharmohara is a mineral, faint white in colour with a greenish tinge. It bears a thick yellow and green coloured line on its surface. It possesses extremely cooling property. It is processed with rose water and its cooling attribute is potentised further. It alleviates the *pitta dosha*, especially, its hot and sharp attributes. Therefore, the preparation is extremely useful in conditions of aggravated *pitta dosha* due to its hot and sharp attributes viz. high fever (hyperpyrexia). It relieves the fever very quickly. Also it alleviates delirium. This preparation is extremely beneficial as an antacid. It ameliorates the heart burn, vomiting, nausea, giddiness, abdominal pain caused by aggravated *pitta dosha*.

Jaharmohara pishti is salutary in dysuria, anuria

and burning micturition. It is a cardiac stimulant and also relieves the giddiness. In Unani system of medicine it is used in cholera to alleviate the thirst and also used in bradycardia to stimulate the heart rate. It is given, frequently, with rose water for licking, in these conditions. The excessive thirst, burning sensation and cough due to aggravated *pitta* responds well to this formulation.

Dosage

250-500 mg; 3 times a day, with honey.

Reference

Siddha Yoga Sangraha

MANIKYA PISHTI

5

Ingredients

250 mg. *Manikya pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Manikya	—	Ruby	250 mg

Actions & Indications

Manikya (ruby) is a gem, bright and red in colour. It is used as an ornament all over the world. Since ancient times, Ayurvedic texts have mentioned its medicinal uses. It is found in Burma, Africa, Shri Lanka and in Karnataka in India. It is cold in the potency, hence instead of *bhasma*, its fine powder (*pishti*) is prepared so that it does not lose its cooling property. It is *dipana* (stokes *agni*), *vrishya* (aphrodisiac), *balya* (tonic), *medhya* (nervine), *ayushyavardhaka* (boosts longevity) and *Kshayanashaka* (anti-tubercular) in properties. It alleviates *kapha* and *vata doshas*.

The fine powder of *manikya* is processed with the rose water, which adds to its cooling effects. *Manikya pishti* is used as a general tonic. Especially, it is highly esteemed as a cardiac tonic and is recommended in congestive cardiac failure,

oedema and breathlessness. It is salutary in mental debility, as it works well as a mood elevator. The symptoms like palpitation, phobia, insomnia etc. respond well to *Manikya pishti*.

As *Manikya* is *medhya*, it exerts the beneficial effects on intelligence, memory, mental stability and tranquility of mind. In anxiety neurosis, mental debility and mental stress it works well and shows symptomatic relief, lowers the level of anxiety, relieves the mental fatigue, boosts memory and enhances the level of adjustment.

Dosage

50-100 mg; 2- 3 times a day, with honey.

Reference

Rasa Ratna Samucchaya, A-4

MOUKTIKA PISHTI

6

Ingredients

125 mg. *Mouktika pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Mouktika	Mytilus margaritiferus	Pearl	125 mg

Actions & Indications

Mouktika (pearl) is categorised under *ratnas* in Ayurvedic texts and it is one of the best gems obtained from the sea sources. The pearl is formed from the secretion of pearl oyster. Chemical composition of *Mouktika* is calcium carbonate (CaCo3). The properties of *Pravala* and *Mouktika* are more or less similar, but *Mouktika* has a more cooling effect than the other. Both the preparations viz. *bhasma* and *pishti* are prepared from *Mouktika*. The powdered pearl is rubbed or triturated with rose water until it becomes fine. This is known as *Mouktika pishti*.

Mukta or *Mouktika* is cold in potency, cardiac tonic, promotes strength, semen and intellect and alleviates the burning sensation, eye diseases, fever, consumption, bronchial asthma and cough. As it is extremely cooling in properties, it is used in conditions of aggravation of *pitta* by its hot and sharp attributes. It is benevolent in hyperpyrexia, bleeding diathesis and burning sensation of the

body. It imparts better results than *Pravala*, but is costly. It works well to arrest the bleeding through sputum (haemoptysis) in tuberculosis. It is the best cardiac tonic, hence, is used in palpitations, dyspnoea on mild exertion and chest pain etc. due to cardiac debility.

Mouktika pishti is recommended in debility due to fever, burning sensation, general debility, dehydration, tuberculosis, fractures of the bones, anaemia, wounds, diarrhoea and menorrhagia, as it is *Jivaniya* (vitalizing) and *sandhaniya* (heals fractures). It also is salutary as a nervine, aphrodisiac, diuretic and in diseases of the eye.

Dosage

125 mg; 2- 3 times a day, with milk or fresh butter.

Reference

Siddha Yoga Sangraha

NILAM PISHTI**7****Ingredients**

125 mg. *Nilam pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Nilamani	—	Blue sapphire	125 mg

Actions & Indications

Nilamani has various synonyms like *Indranila*, *Nila*, *Nilotpala*, *Shaniratna*, *Vachinam*, *Trunagrahi* etc. *Nilam pishti* is prepared like *Manikya pishti* and has similar properties also. The fine powder of *Nilam* is processed with rose water, which enhances the properties of it. *Nilam* is *balya* i.e. it gives the strength and works well as a tonic, an aphrodisiac, antitoxin, alleviates all three *doshas*, especially *pitta* and alleviates various skin diseases.

It is cardiac tonic and is useful in palpitation, heaviness in the chest, phobia etc. It is beneficial to alleviate the mental stress and helps to induce a quiet sleep.

Dosage

25-50 mg; 3 times a day, with honey.

Reference

Rasa Tarangini

PANNA PISHTI**8****Ingredients**

125 mg. *Panna pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Tarkshya	—	Emerald	125 mg

Actions & Indications

Tarkshya (emerald) is called as *Panna* in Hindi language and is popular by name *Panna pishti*. It is also a cardiac tonic like *Manikya* and *Nilam pishti*. It is benevolent as a general tonic and is useful to alleviate the mental stress and imparts tranquility. Because of its cold potency it alleviates the burning sensation in the body. It stokes *agni*, augments the body strength and *ojas*,

is an aphrodisiac and antitoxin.

Dosage

25-50 mg; 3 times a day, with honey.

Reference

Rasa Tarangini

PRAVAL PISHTI

9

Ingredients

125 mg. *Praval pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Pravalmula	Corallium rubrum	Coral purified	125 mg

Actions & Indications

Praval is another substance like conch and cowrie, obtained from the ocean. It is animal in origin. It is formed by the secretions of an insect called *Anthezoa polypus*. It is rich in calcium and has the chemical formulation CaCO_3 . The conch and cowrie are well known hot and astringents used to stoke *agni* and improve the digestion, whereas, the coral (*Praval*) is well known for its cooling property.

First of all, *Praval* is purified by keeping it in the lemon juice for four to six hours. Then the fine powder is prepared and it is triturated with rose water for twenty one times. The finely powdered and processed mixture is dried in the moonlight. It is called as '*Chandraputi praval*'. It is thought that drying in moonlight, enhances its cooling property. When it is dried in the sunlight, it is called as '*Suryaputi praval*'. The third method is to prepare it by giving heat, which is called as '*Agniputi praval*'. Amongst the three, *Chandraputi praval* is the best for cooling and hence, to

alleviate the *pitta* disorders. It is a good general tonic.

Praval pishti is recommended in the diseases caused by aggravation of hot and sharp attributes of *pitta dosha*. It is extremely useful in burning sensation of the body, eyes, hands and feet. It reduces the high fever (hyperpyrexia) promptly. In bleeding diathesis (*raktapitta*), it reduces the bleeding from various organs like nose, mouth, urethra, lungs etc. It works well in cough, tuberculosis, hyperacidity and as a preventive medicine in the summer season for its cooling effect. It is incorporated in *Gulkanda*, for the same reason.

Dosage

250-500 mg; 3 times a day, with milk and sugar.

Reference

Rasa Tarangini

TRUNAKANT PISHTI

10

Ingredients

125 mg. *Trunakant pishti* contains approx. :

Sanskrit	Latin	English	Quantity
Trunakant	—	Amber	125 mg

Actions & Indications

Trunakant (amber) is pale yellow in colour and is well known for its cooling property. The *pishti* is prepared by processing it with rose water for 21 times. *Trunakant* alleviates the *pitta dosha* and is extremely useful to alleviate the hyperacidity. Especially it works well in the chronic cases of acid-peptic disease, wherein heartburn, belching, headache, vomiting, abdominal pain etc. symptoms are seen. It also promotes the healing of peptic ulcer. The burning sensation in the body, because of aggravated *pitta*, is reduced by this medicine.

Trunakant pishti is highly praised as an effective panacea for bleeding disorders (*raktapitta*). As it is a potent astringent and has a cold potency, it promptly arrests the bleeding. It is useful in haemoptysis, haematemesis, bleeding piles, uterine bleeding, dysentery, tuberculosis with cavitation, to arrest the bleeding.

Dosage

25-50 mg; 3 times a day, with honey.

Reference

Rasa Tarangini

BHASMA (CALX)

The word *bhasma* literally means ash. A *bhasma* is a metal or mineral incinerated after a given number of *bhavanas* and used for therapeutic purposes. The Sanskrit word *Marana* means to prepare *bhasma*. Its root 'mru' means to die, to vanish. *Bhasma* is prepared by processing metals or minerals with prolonged intense heating, which transforms the original substance into a fine ash or powder from which then it is not possible to procure the original substances like minerals or metals.

The preparation of *bhasma* is a quite elaborate procedure which consists of sequence of procedures like *shodhana*, *churnikarana*, *bhavana*, *puta sanskara* and *amrutikarana* etc. For details, refer to *Rasa Shastra*. When the *bhasma* is finally prepared, it should fulfil the criteria like it should become so fine that it should quickly enter into fingerprints (*rekhapurnatwa*), it should float on the surface of water (*waritaratwa*), it should burn on fire without emitting smoke (*nirdhuma agnipariksha*), it should be completely transformed into ash so that one should not get back any metal or mineral part used (*apunarbhava*).

Since centuries, *bhasma* preparation is the exclusive mode of preparation in *Ayurveda*. The heavy metals and minerals are transformed into fine ash form, which is not only chemically pure, but biologically assimilable. *Ayurveda* has used many metals and minerals for therapeutic purpose with this procedure. Now a days, it is often criticised that the *Ayurvedic* products containing *bhasmas* are toxic, as they contain heavy metals. In India they have been in use since centuries with proven therapeutic efficacy.

BHASMA
CALX

ABHRAKA BHASMA – NISHCHANDRA

1

Ingredients

125 mg. *Abhraka bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Krishna abhraka	Creta gallica	Mica-biotite	125 mg

Actions & Indications

Abhraka (mica) is categorised as the chief among *maharajas* (major substances for mercurials). It is found in four varieties, classified according to their colour, as white, yellow, red and black i.e. *shweta*, *pita*, *rakta* and *krishna*, respectively. It is also classified according to its response to heat as *naga*, *pinaka*, *manduka* and *vajra*, respectively. The black variety i.e. *Krishna (Vajra) abhraka* is regarded as the best one. It is soft, shining, heavy, clean and having collyrium-like and separable scaly parts.

The process of heating during *bhasma* preparation is termed as '*puta*'. More the *putas* are given, better is the quality of *bhasma*, meaning it is given ten, hundred and thousand times the process of heating, respectively. '*Nischandra*' word denotes that, till it loses its shine. It is the best catalyst (*yogavahi*), nervine, aphrodisiac and rejuvenative.

Abhraka bhasma is highly esteemed as a cardiac tonic and the best rejuvenative for the lungs. It is not merely a cardiac stimulant like strychnine or camphor, but it gives strength to cardiac muscles. It is useful in congestive cardiac failure

with symptoms like dyspnoea, oedema, cough etc. As it mitigates *kapha* and *vata doshas*, it works well in tuberculosis, asthma, and pleurisy. As it is the best rejuvenative, it nourishes all *dhatu*s well and strengthens the immunity. Along with *loha bhasma*, it gives excellent results in anaemia. It is also used in convalescence to boost up the recovery. It relieves the fatigue in otherwise healthy individuals. In epilepsy and hysteria it is extremely salutary. *Abhraka bhasma* is recommended in sexual debility, diabetes, colitis, piles, and is highly praised as a cardio-respiratory tonic and rejuvenative.

Preparations

Brihat vata chintamani, *Vasantkusumakar*, *Chandrakala rasa*, *Panchamrut parpati*, *Mahalaxmi vilas rasa* etc.

Dosage

125 - 250 mg; 3 times a day, with honey.

Reference

Siddha Yoga Sangraha

ABHRAKA BHASMA – SHATAPUTI**2****Ingredients**125 mg. *Abhraka bhasma* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Abhraka bhasma	Creta gallica	Calx of purified mica	—	125 mg
Processed with :				
Kakmachi	Solanum nigrum	Garden night shade	Whole	
Vata kshira	Ficus bengalensis	Banyan tree	Exudate	
Snuhi kshira	Euphorbia nerifolia	Common milk hedge	Latex	
Arka	Calotropis gigantia	Madar	Latex	
Gokshura	Tribulus terrestris	Land caltrops	Root	
Apamarga	Achyranthes aspera	Prickly chaff plant	Alkali	
Vata prarooha	Ficus bengalensis	Banyan tree	Aerial root	
Gomutra	—	Cow's urine	—	
Tulasi	Ocimum sanctum	Basil	Leaf	
Kandarpa	Allium cepa	Onion	Bulb	

Actions & Indications

Abhraka bhasma (shataputi) denotes that the heating process (*puta*) is repeated for hundred times (*shata*) during the preparation. More the heating process is employed, the *abhraka* becomes more light, subtle and it enables to act in smaller doses. There are various methods of preparation of *abhraka bhasma*. The above table indicates that it is processed with ten different ingredients. It reduces the sharp attribute and makes it safe for the use. This procedure is known as *amrutikarana* (nectarization).

Shataputi abhraka bhasma, is more potent than *Nischandra abhraka bhasma*. It is recommended in obstinate skin diseases, fever, tuberculosis, bleeding diathesis, as an aphrodisiac, nervine, galactagogue, appetiser, rejuvenation to all body tissues, useful for promoting the complexion, beneficial for the eyes and hair.

Dosage

250 mg; 2-3 times a day, with milk.

Reference

Rasa Tarangini

AJASTHI BHASMA

3

Ingredients

250 mg. *Ajasthi bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Ajasthi	Ovis aries	Goat bones calx	250 mg

Actions & Indications

'*Aja*' denotes the goat and '*asthi*' the bones. The bones of the goat are burnt and the *bhasma* is prepared. This is the natural source of calcium from the bones of goat, which enables the absorption of calcium easily. According to Ayurvedic principle 'Like increases and dislike decreases or homology causes augmentation and heterogeneity causes depletion.' This doctrine holds true here, that is, the bone tissue of the goat enhances the bone tissue in our body also. The teeth are subsidiary tissue (*upadhatu*) of the bone (*asthi dhatu*) and hair and nails are the tissue wastes (*mala*) of the same. Therefore, *Ajasthi bhasma* becomes useful in the problems of bone, teeth, nails and hair.

Ajasthi bhasma is recommended for rickets in children. According to Ayurvedic postulates the pathogenesis of rickets (*phakka roga*) is, due to inadequate supply of breast milk to infant depletes the *asthi* and *mamsa dhatu*, which leads to aggravation of *vata dosha* causing *grahani dushti* and *agnimandya*. Finally, it causes the

depletion of all *dhatu*s leading to rickets. Hence, in treating rickets, the supplements like *Ajasthi bhasma* and *Kukkutanda tvak bhasma* are commonly used. It is equally important to alleviate *vata dosha* by oleation, externally as well as internally. To stoke the *agni*, alleviate *dhatuagnimandya* and recommend the dietary supplements like milk along with medicine is also essential.

Ajasthi bhasma is also recommended in pregnancy to facilitate the growth of the foetus. In infants, it is salutary in dental diarrhoea also. It also works well in hair loss, especially, after delivery. In general it also reduces the hair fall with this preparation.

Dosage

250-500 mg; 3 times a day, with milk or honey.

Reference

Proprietary

GODANTI HARATALA BHASMA

4

Ingredients

250 mg. *Godanti haratala bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Godanti haratala	Calci sulphas	Gypsum (Calcium sulphate)	250 mg

Actions & Indications

Haratala or *Talaka* (orpiment) is of two types - *Patriharatala* (scaly) and *Pindaharatala* (solid) as mentioned in *Rasa Prakash Sudhakar*. *Patriharatala* is clean, smooth, heavy, of golden colour and composed of fine scaly layers while *Pindaharatala* is like a solid mass. *Patriharatala* is preferred for the medicinal purpose.

Siddhamata has mentioned four types of *haratala*. They are *Bugdadi*, *Godanti*, *Tabaki* and *Pinda haratala*. There is also a mention of *Godanti haratala* in *Ayurveda Prakash*. Chemically, *Godanti haratala* is selenite i.e. crystal form calcium sulphate and it does not contain arsenic (*haratala*) at all. *Godanti haratala*

bhasma is processed with the juice of *Kumari* (Aloe vera) and is finally ready for the therapeutic use.

Godanti haratala bhasma is recommended in fever, tuberculosis, headache, cough, bronchitis, anaemia, emaciation and leucorrhoea.

Dosage

250 mg; 3 times a day, with milk or honey or ghee.

Reference

Rasamruta

HARATALA BHASMA**5****Ingredients**

250 mg. *Haratala bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Haratala	Arsenii trisulphidum	Orpiment purified	250 mg

Actions & Indications

There are various methods of preparation of *Haratala bhasma* mentioned in the texts. One of the methods is, first the *Patriharatala* is powdered and impregnated with lime water seven times. Thus it gets purified. For killing process, the purified orpiment is rubbed for a day with *Punarnava* juice (*Boerhaavia diffusa*) and then made into small discs which are dried in the sun. These are again heated in the *bhasmayantra*. Half of the vessel is filled with the ash of *Punarnava* on which the orpiment is put. The other half is again filled by the same ash and heated. Thus orpiment is incinerated (*marana*). When the prepared *bhasma* is put on the fire, it does not create any fumes, which confirms that the *bhasma* preparation is excellent.

Haratala bhasma is pungent, astringent in taste, pungent in post digestive effect and has hot potency. It is unctuous in attribute and alleviates *vata* and *kapha doshas*. *Haratala bhasma* is highly recommended in various skin diseases of varied aetiology, gout, leprosy, syphilis, soft chancre, blood disorders, erysipelas etc. It is highly esteemed as a *rasayana* (rejuvenative) and is

beneficial to prevent ageing, improve the complexion, when administered as a *rasayana*.

In gout, especially of *vataja* and *kaphaja* type of *vatarakta* (gout), *Haratala bhasma* is given along with rock candy. It is extremely salutary in skin diseases like scabies, ringworm, eczema. During the treatment with *Haratala bhasma*, it is advised to avoid bitter, sour and salty tastes in the diet, avoid the sunheat or exposure to any heat. In case of the toxic effects caused by intake of orpiment, one should take *Jiraka* (cumin seed) powder with sugar.

Preparations

Sameerpannaga, *Rasamanikya*, *Haratala mishrana* etc.

Dosage

15-60 mg; 2 times a day, with rock candy or decoction of *Guduchi* (*Tinospora cordifolia*).

Reference

Rasa Ratna Samucchaya

HIRAKA BHASMA

6

Ingredients

50 mg. *Hiraka bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Hiraka		Diamond	50 mg

Actions & Indications

Hiraka (diamond) is one of the nine gems (*navaratna*), which are namely, *manikya* (ruby), *pushparaga* (topaz), *marakata* (emerald), *mukta* (pearl), *hiraka* (diamond), *nila* (sapphire), *vaidurya* (cat's eye), *gomeda* (sardonyx) and *praval* (coral). Amongst all gems *Hiraka* is the hardest one. It is one of the allotropic form of pure carbon, chemically. The diamond is the highly esteemed among the gems and is used for ornamental purpose through the world since ages. Ancient texts of Ayurveda have mentioned the therapeutic uses of *Hiraka* in the form of its *bhasma*.

Hiraka is purified in the decoction of *Kulattha* (*Dolichos biflorus*) with the help of *dolayantra*. The pure *Hiraka*, *Haratala* and *Manashila* are taken in equal quantity and finely powdered. The juice of roots of *Karpasi* i.e. cotton (*Gossypium herbaceum*) is mixed into it and discs are prepared and dried in the sun. Then *mahaputa*,

the heating treatment, is given. This procedure is repeated for fourteen times and the final preparation of *Hiraka bhasma* is ready.

Hiraka bhasma is *hriddya* (beneficial to the heart), *yogavahi* i.e. a catalyst, *rasayana* – rejuvenative and *vrishya* – an aphrodisiac in properties. It strengthens all the tissues (*dhatu*s) in the body, hence it is useful in convalescence. It is useful in tuberculosis, cancer to boost up the body strength and immunity. As it imparts the effects of *rasayana*, it is useful to strengthen the body tissues, improve the energy and complexion and prevent the aging process.

Dosage

0.5 mg to 1.5 mg; 2 times a day, with honey.

Reference

Rasa Ratna Samucchaya

JASADA BHASMA**7****Ingredients**

250 mg. *Jasada bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Jasada	Zincum	Zinc (purified) calx	250 mg

Actions & Indications

Jasada bhasma is finally processed with the decoctions of *Apamarga* (*Achyranthes aspera*) and *Kumari* (*Aloe vera*) and the red *bhasma* of *Jasada* is obtained. The procedure for preparation of *Jasada bhasma* is same as in case of *Vanga* (tin) and their properties also are more or less similar.

It is astringent, cold in potency and alleviates *kapha* and *pitta doshas*. It is extremely beneficial for eyes and as a general tonic as well. It is benevolent in diabetes mellitus, anaemia, bronchial asthma, cough, tuberculosis, fever and worm infestations. Externally, it is an excellent remedy for oozing wounds and ulcers and also salutary in diseases of the eye like conjunctivitis etc. In diseases of the eye, *Jasada bhasma* is mixed with *shatadhoutaghrita* and applied topically.

Jasada bhasma is highly recommended in diabetes mellitus (*madhumeha*). As *kleda* is formed in excess, in *madhumeha*, it is important to restrict

the formation of *kleda* in the body. This is achieved with *Jasada bhasma* with great benefit. It also alleviates the diabetic carbuncles and curbs the discharge from the diabetic wounds and promotes their healing. It is also given in skin diseases associated with itching.

It also works well in fistula-in-ano, fissure and chronic wounds. In tuberculosis with cavitation, it works well with *Shilajitu*. In bronchial asthma, anaemia, cough, fever it is useful.

Preparations

Trivanga bhasma, *Jasada pushpa*.

Dosage

250 mg; 3 times a day with honey or water.

Reference

Rasamruta

KANTALOHA BHASMA

8

Ingredients

250 mg. *Kantaloha bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Kantaloha	Ferrum	Magnetite calx	250 mg

Actions & Indications

Kantaloha is a type of iron which possesses magnetic properties. It is also useful like other types of *loha* to augment haemoglobin percentile in anemia. *Kantaloha* is finally processed with the lemon juice, cow's urine, *Triphala* decoction and aloe juice and the *bhasma* is ready for use.

It is a potent *vata* alleviator, hence is extremely useful for joint pains in arthritis. It promptly reduces pain as well as oedema and gives relief to the patient. It can be also used in muscle cramps, sprains and pain in calves etc; as it ameliorates the tenderness.

Kantaloha bhasma is recommended in adults whereas *Mandura bhasma* in children. It works well in fatigue, in otherwise healthy individuals. It imparts the best rejuvenating action when given as a *rasayana* and bestows a healthy and long

life. It nourishes all body tissues, enhances the complexion, detoxifies the toxic metabolites from the gut and improves the general health. It boosts up the vigour in males by augmentation of seminal fluids.

Kantaloha bhasma is recommended as a promoter of body strength, rejuvenator, aphrodisiac and nourishing. It is useful in anaemia, bronchitis, dyspnoea, chronic fever, fainting, menstrual disorders, bleeding diathesis, and to boost up memory.

Dosage

250 mg; 3 times a day, with ghee or honey.

Reference

Rasamruta

KAPARDIKA BHASMA

9

Ingredients

125 mg. *Kapardika bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Kapardika	Cyprea moneta	Calx of cowrie shells	125 mg

Actions & Indications

Kapardika (cowrie shells) is of animal origin, obtained from the ocean. It is infact, the house of an insect. It is oblong in shape with convex surface on the upper side, with a cleft on the basal surface. Among the three varieties viz. white, grey and yellow, the last one is the best for medicinal purpose. Chemical composition of it is CaCO_3 i.e. calcium carbonate. Though conch, cowrie, oyster shell are having the similar chemical composition, they differ in their therapeutic actions.

Kapardika has pungent taste, sweet post digestive effect and cold potency (hot potency-difference of opinion). It alleviates *vata* and *kapha* doshas and works well on small intestine, ears and eyes. *Kapardika bhasma* is useful in peptic ulcer, abdominal pain due to *pitta* aggravation, diarrhoea, colitis, otorrhoea and burns. It stokes *agni*, alleviates *vata dosha* and has an aphrodisiac property.

Shankha bhasma and *Kapardika bhasma* has a seat of action on the stomach and small intestine,

respectively. In chronic colitis *Kapardika bhasma* imparts excellent results and alleviates the symptoms like anorexia, indigestion, diarrhoea, foul odour to faeces, dull abdominal pain. It also relieves flatulence and vomiting. In suppurative otitis media, it is used externally by mixing *Kapardika bhasma* with lemon juice and is instilled into ears. In diarrhoea associated with *ama*, it works well to digest the *ama*. It is salutary in chronic fever and splenomegaly associated with low *agni*.

Preparations

Praval panchamruta, *Panchamruta vati*, *Lokanath rasa*.

Dosage

250 mg-500 mg; 3 times a day, with milk.

Reference

Rasachandanshu

KASIS BHASMA

10

Ingredients

125 mg. *Kasis bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Kasis	Ferri sulphas	Ferrous sulphate calx	125 mg

Actions & Indications

Kasis bhasma is processed with *Bhringaraj* (*Eclipta alba*) and *Nimbuka rasa* i.e. lemon juice. *Kasis* is the mineral of *loha* and is available in two types, viz. *valuka kasis* (powdery) and *pushpa kasis* (flowery). The former is yellowish white while the later is green. The later should be taken for use.

Kasis bhasma is slightly hot in potency and has astringent, sour tastes. It is highly esteemed for its excellent benefits in diseases of the eye. It works well in mucopurulent conjunctivitis, catarrhal conditions of the eye and wounds. It is mixed with *shatadhouta ghruta* and the ophthalmic cream formed is used for topical usage. Like *Loha bhasma*, it is also useful in anaemia. Moreover, it stokes *agni* and enhances the digestive secretions in the gut. It also digests the *ama* and alleviates chronic dyspepsia caused due to *ama*. The tissue transformation in *rasa* and *rakta dhatus* is promoted by this *bhasma*. As it boosts up the *agni*, it curbs the tumours and also alleviates the abdominal pain.

In chronic colitis it works well by pacifying the toxic metabolites and alleviates the burning sensation in the gut and eliminates the *vata*. *Kasis bhasma* alleviates *vata* and *kapha doshas*. It stokes *agni* and digests *ama*, hence it promotes the nourishment of all *dhatus* and imparts a rejuvenating action. It thus works as a tonic in general debility. It works well as a *rasayana*, when given along with *Kantaloha bhasma*, *Triphala churna*, honey and ghee. It prevents premature greying and falling of hair, wrinkling and prevents aging process. It is also beneficial as an antidote to poison, useful in splenomegaly and promotes ovulation also.

Dosage

250 mg; 3 times a day, with honey or ghee.

Reference

Rasamruta

KUKKUTANDA TWAK BHASMA

11

Ingredients

250 mg. *Kukkutanda twak bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Kukkutanda twak	—	Hen-egg shell	250 mg

Actions & Indications

Like *ajasthi* (goat bones), *Kukkutanda twak* i.e. the shell of the hen's egg is another rich source of natural calcium of animal source. The shells of the eggs are burnt into ashes and this *bhasma* is prepared. The calcium obtained from the animal resources is easily absorbed. The doctrine 'like increases and unlike decreases' is universal. The calcium from this *bhasma* is extremely useful for replenishing the bone tissue in our body.

Kukkutanda twak bhasma has similar usages that of *Ajasthi bhasma*. It is salutary in rickets in children. During pregnancy, it works well as a

supplement for better growth of the foetus and as a general tonic for the mother. In children it is very useful during dental diarrhoea. As hair is the waste of *asthi* i.e. *mala*, proper nourishment to *asthi dhatu* also becomes beneficial to its *mala* i.e. hair. Thus it is salutary to reduce the hair fall.

Dosage

250-500 mg; 3 times a day, with honey .

Reference

Proprietary

LOHA BHASMA

12

Ingredients

125 mg. *Loha bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Loha	Ferrum	Iron calx	125 mg

Actions & Indications

Loha bhasma is prepared from the steel iron or from iron filing available in market. Ayurveda recommends *tikshna loha* for preparing *loha bhasma* and not *munda loha* or *kanta loha*. Several methods of preparation are mentioned in the old scriptures. In all the methods, first the thin sheets of iron are obtained, then heating treatment is given followed by dipping it in cold liquids for *nirvapana* and then finely powdered and processed with various herbs and heated again. *Loha bhasma* mentioned here, is processed with *Triphala*, cow's urine, *Kumari* (*Aloe vera*), *Punarnava* (*Boerhaavia diffusa*), *Arka* (*Calotropis gigantea*) and cinnabar.

Loha bhasma possesses dry, heavy and cold attributes and alleviates *kapha* and *pitta doshas*. It is the choicest remedy for anaemia. As it is astringent and cold, it is useful to arrest bleeding, hence is salutary in menorrhagia and leucorrhoea. Constipation is the common most side effect of *Loha bhasma*, so it is preferred to give a mild laxative as an adjunct. It works well in anaemia, especially, associated with signs of

aggravated *pitta*. It is benevolent in anaemia in young girls called as *haridra* and also in anaemia due to worm infestations.

Loha bhasma is one of the best rejuvenative, as it replenishes the blood, it nourishes all tissues. It is recommended in anaemia, hepatosplenomegaly, skin diseases especially of *pittaja* type, obesity, loss of memory and weak eyesight, jaundice, oedema, piles and as a general tonic.

Preparations

Panchamruta parpati, *Kasturibhairava rasa*, *Vasant kusumakar*, *Chandrakala rasa*, *Mahalakshmi vilas rasa* etc.

Dosage

125-250 mg; 2-3 times a day, with ghee and sugar.

Reference

Rasamruta

MADHU MANDURA BHASMA**13****Ingredients**

250 mg. *Madhu mandura bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Mandura	Ferroso	Dross iron calx	250 mg

Actions & Indications

Madhu mandura bhasma is processed with *Triphala* decoction, cow's urine, *Kumari* (*Aloe vera*) and *panchamrut*. *Mandura* means the iron slag. There are three varieties of *mandura* like *Bala mandura*, *Bhouma mandura*, *Madhu mandura*.

As they possess the similar properties, this formulation shows similar indications, hence described under *Mandura bhasma*.

MANDURA BHASMA

14

Ingredients :

250 mg. *Mandura bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Mandura	Ferroso	Dross iron calx	250 mg

Actions & Indications

Mandura bhasma is processed with *Triphala* decoction, cow's urine and *Kumari* (*Aloe vera*). *Mandura* is a *loha kitta* i.e. iron slag. It is old steel iron reduced, hence, possesses similar properties of iron (*loha*).

Mandura bhasma is useful in anaemia, jaundice with signs and symptoms of *pitta*, anaemia due to worm infestations, excessive blood loss e.g. menorrhagia. In children, anaemia due to worms should be treated with first anthelmintics and *Mandura bhasma* should be followed. It also helps in anasarca due to severe anaemia. It is recommended in diseases of the liver and

spleen, skin diseases, diabetes mellitus etc. *Mandura bhasma* alleviates *kapha* and *pitta* doshas.

Preparations

Punarnava mandura, *Navayas loha*, *Tapyadi loha*, *Mandurarishta*, *Saptamrutaloha* etc.

Dosage

125-250 mg; 2-3 times a day, with ghee.

Reference

Siddha Yoga Sangraha

MOUKTIKA BHASMA

15

Ingredients

250 mg. *Mouktika bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Mouktika	Mytilus margaritiferus	Pearl	125 mg

Actions & Indications

Mouktika or *Mukta* (pearl) is obtained from the ocean and is formed due to secretion of pearl oyster. Though the chemical composition of *Mouktika*, *Shankha* and *Shouktika* is same, i.e. Calcium carbonate (CaCO_3), Ayurveda has used it for varied therapeutics with the knowledge of its attributes (*gunas*). *Mouktika* being cold in potency, its *bhasma* is prepared and preferred without the heating procedures. First its purification is done in the juice of *Jati* (*Jasminum auriculatum*) leaves and *bhasma* is prepared by processing with rose water for seven days.

Mouktika has a cold potency and pacifies the hot and sharp attributes of *pitta dosha*, is diuretic and alleviates burning sensation in the urinary tract as well as from the whole body. It also effectively arrests the bleeding in the body and works well in *raktapitta*. It is highly esteemed as a cardiac tonic, an aphrodisiac and as a general tonic as it promotes the nourishment of all the *dhatu*s.

Mouktika bhasma is indicated in high fever, because it pacifies the sharp and hot attributes of *pitta dosha* and imparts a cooling effect. In

burning sensation due to aggravated *pitta*, it works well to alleviate *daha* as it pacifies the *pitta*, as well as nerves. The headache due to *pitta*, mental irritation due to stress or overwork and burning sensation in the summer season is alleviated by this drug. In bleeding diathesis (*raktapitta*), it effectively controls the bleeding from various sites viz. nosebleed, haemoptysis, haematuria, bleeding piles etc. It relieves *daha* (burning) in cough, tuberculosis, hyperacidity, dysentery, dysuria etc. which is caused due to aggravation of *pitta dosha*. It is an excellent cardiac tonic, hence alleviates palpitations, dyspnoea and chest pain.

Preparations

Brihat vata chintamani, *Praval panchamruta*.

Dosage

30-120 mg; 3 times a day, with milk, sugar and moravala.

Reference

Siddha Yoga Sangraha

NAGA BHASMA

16

Ingredients

125 mg. of *Naga bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Naga	Plumbium	Purified lead calx	125 mg

Actions & Indications

Naga (lead) is first purified in the decoction of *triphala* or the juice of *Kumari* (*Aloe vera*), then it is subjected to *bhasma* preparation. It is processed with the *bhasmas* of *Amlika* (*Tamarindus indica*) and *Ashwattha* (*Ficus religiosa*), which enables the liquid *Naga* get a good powder form. Then it is processed with *Manahshila* (realgar) and *Vasa* (*Adhatoda vasica*) and then subjected to *putpaka* three times. By this, black *Naga bhasma* is formed.

Naga bhasma has a hot potency and it alleviates *vata* and *kapha doshas*. It boosts up the *agni* and works well specifically on the genito-urinary system. It promotes the nourishment of *mamsa*, *majja* and *shukra dhatus*. It is indicated in tuberculosis, diabetes, anaemia and colitis. It reduces the *kleda* from the body and has also a diuretic property, hence it is extremely useful in diabetes mellitus and urinary ailments like dysuria, oliguria. It reduces the oedema by eliminating the body fluids because of its diuretic action. As it alleviates *kapha*, is salutary in various skin disorders associated with itching and oozing.

As *Naga bhasma* facilitates the nourishment of all the body tissues (*sapta dhatus*), it augments the strength. It works well as an aphrodisiac as it boosts nourishment of all *dhatus* from *rasa* to *shukra dhatu* and thus becomes useful in spermatorrhoea. The *Naga*, *loha*, *abhraka* and *Suvarna bhasmas* are '*jivaniya*' i.e. vitalizing thus help to protect life and promote longevity. In early stages, the *Naga bhasma* works well to mitigate the abdominal tumours. It works better in obese diabetic patients than the thin ones, as it mitigates *kapha* and *meda dhatu*. It is a potent *vata* alleviator also.

Preparations

Vasant kusumakar, *Trivanga bhasma*, *Dipika rasa*, *Nagendra rasa*, *Nagasindura*, *Chandreshwar rasa*, *Pushpadhanwa rasa* etc.

Dosage

30-125 mg; 2 times a day, with honey (1tsf) and ghee (2tsf).

Reference

Siddha Yoga Sangraha

PRAVAL BHASMA – AGNIPUTI

17

Ingredients

250 mg. *Praval bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Praval	Corallium rubrum	Coral calx	250 mg

Actions & Indications

Praval is obtained from the ocean and is of animal origin. It is formed by the secretions of an insect called *Anthezoa polypus*. Like conch and cowrie it is rich in calcium and has the chemical formulation CaCO_3 . *Praval* has a cold potency like *Mouktika* and to maintain the cooling property its *pishti* preparation is preferred as it enhances the cooling property. *Chandraputi praval* and *suryaputi praval* are the two methods of drying the *Praval pisthi* in moonlight and sunlight, respectively. *Praval bhasma* is a preparation wherein the involvement of heating process is present. There are five to six different procedures to obtain *Praval bhasma* by incorporating heating process, hence the name *agniputi*. It is processed with *Kumari* (*Aloe vera*) juice, given *putas* and finally the heated coral is triturated with rose water and *Agniputi praval bhasma* is prepared.

Praval bhasma is extremely cooling, sweet and sour and slightly astringent in taste, sweet in post digestive effect and alleviates *pitta* and *kapha doshas*. It is rejuvenating, hence works well on all the tissues, especially, nourishes the bone tissue,

as it is similar to its composition. It is an excellent panacea for aggravated conditions of *pitta dosha* due to its sharp and hot attributes. Thus it is salutary in hyperacidity, *raktapitta*, urinary ailments like burning micturition, dysuria, fever, hyperpyrexia, cough and colitis. It is benevolent in redness, itching and burning of eyes etc. wherein *Praval bhasma* and *Suvarnamakshik bhasma* is recommended with ghee and sugar. As a calcium supplement, it is indicated in rickets, pregnancy, osteoporosis, osteomalacia and also in dental diarrhoea in children.

Preparations

Praval panchamrut, *Panchamrut guti*, *Brihat vata chintamani*, *Jwarantaka loha*, *Putapakvavisham*, *Vasant kusumakar* etc.

Dosage

250 mg; 2-3 times a day, with milk, ghee or honey.

Reference

Siddha Yoga Sangraha

PRAVAL PANCHAMRUT

18

Ingredients

250 mg. *Praval panchamrut* contains approx. :

Sanskrit	Latin	English	Quantity
Praval	Corallium rubrum	Coral	82 mg
Mouktika	Mytilus margaritiferus	Pearl	42 mg
Shankha	Turbinella pyrum	Conch shells	42 mg
Shouktika	Pinctada vulgaris	Oyster shells	42 mg
Kapardika	Cyprea moneta	Cowrie shells	42 mg

Actions & Indications

Praval panchamrut contains five components, obtained from the ocean and of animal origin, hence the name. All the ingredients are finely powered and processed with the latex of *Arka* (*Calotropis gigantea*) and are subjected to *gajaputa*. On cooling, the white powder is finely powdered and is kept in airtight container.

It is the choicest medicine for the ailments of digestive system (*maha srotasa*). Though chemical composition of all the components is calcium carbonate (CaCO_3), their therapeutic values and site of actions are different. *Shankha* boosts *agni*, exerts antidiarrhoeal activity and works well on stomach. *Kapardika* has a seat of action on small intestine, whereas, *Praval*, *Mouktika* and *Shouktika* impart cooling effect on the body as they pacify the *pitta dosha*.

Praval panchamrut promptly alleviates the

symptoms of hyperacidity viz. heartburn, vomiting, belching, abdominal pain, nausea etc. as it not only works as a mere antacid but stokes the *agni* well and enhances the digestion. The flatulence is also relieved and it reduces, subsequently, the dull abdominal pain. It is salutary in hepatosplenomegaly and ascites due to aggravation of *pitta dosha*. The latex of *Arka*, used for processing boosts the *agni*, exerts the laxative action and alleviates *pitta*. It potentiates the formulation by many folds.

Dosage

250 mg; 2-3 times a day, with lemon water.

Reference

Rasachandanshu

ROUPYA BHASMA

19

Ingredients

125 mg. *Roupya bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Roupya	Argentum	Silver	125mg

Actions & Indications

Roupya or *Rajata* means the silver. Thin-leaved silver is heated on fire and dipped into the juice of leaves of *Agastya* (*Sesbania grandiflora*) three times consecutively. Then powder of pure silver, purified mercury, sulphur and chalcopryrite in equal quantity are rubbed with the juice of *ghritakumari* and then subjected to *putapaka*. Thus *Roupya bhasma* is prepared.

Roupya is sour, sweet and astringent in taste, sweet in the post digestive effect and has a cold potency. It alleviates *vata* and *pitta doshas* and has *balya* - tonic and strength-giving, *dipana* - appetite stimulant, *medhya* - beneficial to intelligence, memory, mental stability and tranquility of mind and *lekhana* - reducing fat or other accumulations, properties. It is recommended in *vata* diseases due to depletion of the tissues (*dhatukshaya*) and *pitta* disorders, especially, due to its sharp and hot attributes.

Roupya bhasma is an excellent tonic useful in convalescence and general debility. It works well in anaemia, when given along with *loha*, *Tamra* and *abhraka bhasmas*. *Majjadhatu* is special seat of action of *Roupya bhasma*. As it pacifies the

sadhaka pitta in *majja dhatu*, it imparts excellent benefits as a *medhya* i.e. promotes the mental faculties. Hence, it is useful in epilepsy, hysteria, senile demintia, mental debility due to stress etc. In *vata* diseases, aggravation of *vata dosha* due to tissue depletion is alleviated by replenishing the tissues. It is useful in muscle wasting, paralysis etc. It also helps in calf pain due to intermittent claudication and pacifies the mental stress, hence useful in puerperal diseases. It is a potent aphrodisiac and promotes the seminal fluids. It is also indicated in diabetes, splenomegaly, alcoholic intoxication, tumours and tuberculosis.

Preparations

Kasturibhairava rasa, *Brihat vata chintamani*, *Vasant kusumakar* etc.

Dosage

60-120 mg; 2 times a day, with milk, ghee or honey.

Reference

Rasa Ratna Samucchaya

SHANKHA BHASMA

20

Ingredients

250 mg. *Shankha bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Shankha	Turbinella pyrum	Sacred Conch shells	250mg

Actions & Indications

The small pieces of *Shankha* (conch) are put in a cloth-pouch and steamed with lemon juice in *dolayantra* for twelve hours and then washed well with hot water. Thus it gets purified. Then purified conch is subjected to *gajaputa* for heating, for twice and *Shankha bhasma* is prepared.

Shankha bhasma is bitter in the taste, sweet in the post digestive effect and has a hot potency. It alleviates *kapha* and *pitta doshas* and works well on the organs like stomach, liver and the spleen. As it is astringent, it works well as *grahi*, hence beneficial in diarrhoea.

It is the best panacea for hyperacidity, indigestion, pain due to flatulence. It stokes *agni* well, improves digestion and controls diarrhoea because of its astringent property. In *amlapitta* (hyperacidity), the *drava* (liquid) and *sara* (mobility) attributes of *pitta dosha* are aggravated and symptoms like heartburn, vomiting, headache, etc. are seen. Commonly antacids are used to treat hyperacidity. *Shankha bhasma* not only neutralizes the gastric acid, but controls the gastric acid secretion, stokes *agni*, enhances digestion

and mitigates the pathogenesis of *amlapitta* in a wide spectrum. Hence, it is salutary in hyperacidity as well as acute gastritis. As it is astringent, it is an excellent remedy for diarrhoea, dysentery, chronic colitis and gastroenteritis. It also relieves the flatulence hence, is useful to alleviate abdominal pain. It works well in these conditions when given along with ghee or lemon juice. It also helps in liver and splenic diseases.

Preparations

Shankhodar, *Agnikumar rasa*, *Kamadudha* (with *Mouktika*), *Praval panchamrut*, *Suta shekhara rasa*, *Lokanath rasa*, *Prataplankeshwar*, *Shankha vati* etc.

Dosage

250-500 mg; 3 times a day, with milk, lemon juice or buttermilk.

Reference

Siddha Yoga Sangraha

SHOUKTIKA BHASMA

21

Ingredients

250 mg. *Shouktika bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Shouktika	<i>Pinctada vulgaris</i>	Pearl oyster shells	250 mg

Actions & Indications

Shouktika bhasma is prepared like *Shankha bhasma* and is processed with the juice of *Kumari* (*Aloe vera*). *Samudrpanchaka* means five substances obtained from the sea viz. *Praval*, *Shankha*, *Shouktika*, *Mouktika* and *Kapardika*. The properties of *Shankha* and *Kapardika* are very similar, whereas the properties of *Shouktika* and *Mouktika* are similar. *Shouktika bhasma* is not as strong as *Shankha bhasma*, hence it is commonly used in children, women and weak individuals. Though *Mouktika* and *Shouktika bhasma* have similar properties, the more economic one is *Shouktika bhasma*.

Shouktika bhasma is pungent in the taste, sweet in the post digestive effect and has a cold potency. It alleviates all the three *doshas*, especially, *vata* and *pitta*. It is cooling, hence used to alleviate the aggravated conditions of *pitta* like *raktapitta*, burning sensation and high fever, wherein aggravations is due to sharp and hot attributes. It also works in hyperacidity and peptic ulcer associated with pain in abdomen due to aggravation of *pitta*. In diarrhoea, vomiting and tumours of *pitta*, *Shouktika bhasma* is very useful. Aggravation of *vata dosha* in the gut, especially

in the stomach, causes flatulence and leads to chest pain. *Shouktika bhasma* relieves it promptly. Distaste of *pittaja* type causes tastelessness, foul odour to the oral cavity, feeling sensation feeling of salty or sour tastes in the mouth and burning sensation in mouth. *Shouktika bhasma* is extremely useful in this condition. It also stokes the *agni* and enhances the digestion, hence is salutary in chronic colitis. In *asthma* patients, indigestion and flatulence aggravates the bronchospasms. It works well to mitigate the flatulence, improve digestion and eases the problem.

Preparations

Praval panchamrut, *Kamadudha*, *Tapyadi loha vati* etc.

Dosage

250 mg; 3 times a day, with milk or lemon water or butter.

Reference

Siddha Yoga Sangraha

SHRUNGA BHASMA

22

Ingredients

250 mg. *Shrunga bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Mruga shrunga	Cervus elephus	Stag horn	250 mg

Actions & Indications

Shrunga bhasma, or *Mruga shrunga bhasma* is the *bhasma* of a stag horn or deer horn. The stag horn is first cut into small pieces and burnt in fire and finely powdered. It is processed with the latex of *Arka* (*Calotropis gigantea*). Then the round flat discs of this substance are kept in *sharava samputa* for treating it with fire. After repeating this procedure for three times, white coloured fine *bhasma* is ready. (Rasatarangini).

Shrunga bhasma is a highly esteemed remedy for cardiac debility. It improves the coronary circulation and thus is a cardinal drug for treating ischemic heart diseases, cardiac pain, angina pectoris etc. It also tones up the cardiac musculature, hence is useful in dilated conditions of heart like congestive cardiac failure and in cardiomyopathy with dilated heart. As it mitigates the *kapha dosha*, it is extremely salutary in respiratory ailments, especially, bronchial asthma. It relieves the phlegm in bronchitis and bronchiectasis and eases the cough. The chest

pain in pleurisy, tuberculosis and pneumonia responds well to this *bhasma*.

Shrunga bhasma is a good mucolytic agent. It also relieves the fever. In early stages of tuberculosis, it works well when given along with *abhraka* and *Suvarna bhasma*. In children it is salutary in rickets when given along with *Praval bhasma*. It is one of the best cardiac tonic and a well known emergency medicine for anginal pain and chest pain due to cardiac debility.

Preparations

Chaturbhuj kalpa, *Tapyadi loha vati*, *Mrugashrunga bhasma vati* etc.

Dosage

250 mg; 3 times a day, with honey (*kapha*), ghee (*vata-pitta*)

Reference

Siddha Yoga Sangraha
Rasa Tarangini

SUVARNA BHASMA

23

Ingredients

125 mg. *Suvarna bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarna	Aurum	Calx of gold	125 mg

Actions & Indications

Ancient Ayurvedic texts have vividly described the therapeutic uses of *Suvarna* since four thousand years. There are various methods of *bhasma* preparation of *Suvarna*, mentioned in Samhitas. In this formulation, finally the *Suvarna bhasma* is prepared by processing with purified mercury, sulphur and chalcopyrites.

Suvarna bhasma is bitter, pungent and sweet in taste, sweet in the post digestive effect and has a cold potency. It alleviates *pitta* and *vata doshas* and is one of the best well known rejuvenatives. It prevents the aging process, improves complexion, intelligence, memory, seminal fluids and strength. It works well as an antitoxin. It is highly esteemed as a cardiac tonic as it nourishes the muscle tissue and augments the tone of cardiac muscles. Hence it is useful in cardiac debility, congestive cardiac failure with oedema, dyspnoea, and palpitations. It is *balya* - a tonic and *brimhana* - bulk promoting and it nourishes the *mamsa dhatu* (muscle tissue) by boosting up the *mamsagni* i.e. *agni of mamsa dhatu*. It is thus beneficial in *vata* diseases caused by aggravation of *vata dosha* due to depletion of tissues

(*dhatukshayajanya vataprokopa*). Thus it is benevolent in hemiplegia, muscle wasting, poliomyelitis etc.

It is one of the highly praised *medhya rasayana* and bestows beneficial effects on intelligence, memory, mental stability and tranquility of mind. It limits the *rajas* and *tamas gunas* and enhances the *sattva guna* of mind. It is recommended in various diseases like tuberculosis, anaemia, burning sensation of the body, hysteria, general debility, impotence, diseases of the eye, as a *rasayana* and *medhya rasayana*.

Preparations

Suvarna suta shekhar, *Suvarna malini vasant*, *Vasant kusumakar*, *Bruhat vata chintamani*, *Kasturibhairav rasa*, *Suvarna parpati* etc.

Dosage

60-120 mg; 2 times a day, with milk, honey or ghee.

Reference

Rasa Ratna Samucchaya

SUVARNA MAKSHIKA BHASMA

24

Ingredients

125 mg. *Suvarna makshika bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarna makshika	Ferri sulphuratum	Iron pyrites	125 mg

Actions & Indications

Suvarna makshika is a mineral catagorised as *upa-dhatu*. It is heated on intense fire and then dipped into *Nimbuka* (lemon) juice. This is done twentyone times consecutively and thus purified. It is then mixed with equal quantity of sulphur and processed with lemon, aloe and rock salt and then subjected to *putapaka* five times.

Suvarna makshika does not contain any *suvarna* or gold, but as it is golden in colour with a shine, hence the name. It is called as iron pyrite or copper pyrite or chalko pyrite in English. It is sweet and astringent in taste, pungent in the post digestive effect and has cold potency. It alleviates *kapha* and *pitta doshas*. It is *rasayana*, aphrodisiac, prevents aging, beneficial for the eyes, antitoxic and alleviates anaemia, oedema, consumption, diabetes, chronic fever, piles, skin diseases and hyperacidity. The chemical composition of *Suvarna makshika* is $CuFeS_2$, hence is a combination of *loha* and *tamra*. Therefore it works better in anaemia as *tamra* augments the bile secretions and *loha* replenishes the haemoglobin percentile, without causing

constipation. It alleviates the oedema on feet and on body in general (anasarca).

Suvarna makshika alleviates *pitta dosha*, especially, its hot and sharp attributes and becomes extremely salutary in *amlapitta*. It is highly praised as a remedy for diseases of the eye, due to aggravation of *pitta dosha*, associated with burning eyes, redness, swelling etc. It is also recommended as a general tonic. In sexual debility or scanty menses, it works well along with *Vanga bhasma*. Various skin afflictions respond well to it, when given along with *Gandhaka rasayana*.

Preparations

Chandraprabha vati, *Swayambhuva guggulu*, *Kohala paka*, *Tapyadiloha vati* etc.

Dosage

125-250 mg; 2-3 times a day, with honey or milk.

Reference

Rasamruta

TAMRA BHASMA

25

Ingredients

125 mg. *Tamra bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Tamra	Cuprum	Copper	125mg

Actions & Indications

First of all the lead copper is heated on fire and then dipped into the lemon juice. Then the copper leaves are pasted with *Kajjali* rubbed with lemon juice and after drying are heated in *putapaka* three times consecutively. For nectarization, incinerated copper mixed with half the amount of sulphur is rubbed with *panchmruta* and then made into small discs. These are dried and heated in *putapaka* three times. By this process, *Tamra bhasma* becomes free from defects and acquires good qualities.

As *Tamra bhasma* is hot in potency, sharp, accumulation breaking (*bhedana*) and cholegogue (*pittasravi*), it is seldom used alone. It is always used in combination and in very small quantities. It aggravates the hot and sharp attributes of *pitta dosha*, augments the blood circulation and causes rise in the blood pressure, hence, should be used with caution. *Tamra bhasma* is bitter and astringent in taste, sweet in the post digestive effect and has hot potency. It alleviates the *kapha dosha* and is *pitta shodhaka*. It is recommended in anaemia, hepatosplenomegaly, diabetes, colitis, fever, piles, abdominal pain, anorexia and

dyspepsia. It is safe to use in aggravated *kapha* disorders.

As it is the best cholegogue in property, it is extremely beneficial in gall stones, obstructive jaundice, liver enlargement and ascites. It works well in anaemia as an adjunct with *loha* and *abhraka bhasma*. It alleviates the aggravated *vata* due to blockages in *srotas*, because of its hot and sharp attributes, and becomes salutary in ankylosis.

Contraindications : Pregnancy, nursing mothers, infants, old age, tuberculosis and bleeding piles.

Preparations

Arogyavardhini, Panchamrut parpati, Hemagarbha, Laxmivilas rasa, Sutashekhar, Mahavataavidhwans etc.

Dosage

60-120 mg; 2 times a day, with honey or milk.

Reference

Rasamruta

TRIVANGA BHASMA

26

Ingredients

125 mg. *Trivanga bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Naga bhasma	Plumbum	Calx of purified lead	41.5 mg
Jasada bhasma	Zincum	Calx of purified zinc	41.5 mg
Vanga bhasma	Stannum	Calx of purified tin	41.5 mg

Actions & Indications

Trivanga bhasma is a mixture of lead, tin and zinc *bhasmas*, in equal quantity, together. All these three components mitigate the *kleda* i.e. excessive waste materials produced by the body, which is fluid in nature. *Naga bhasma* is diuretic, *Jasada bhasma* is anti-diabetic and *Vanga bhasma* promotes seminal fluids and *ojas*. During tissue transformation, the *kleda* is produced and all these three *bhasmas* reduce the formation of *kleda* by augmenting the *dhatvagnis*. This formulation becomes utmost useful in diabetes mellitus as it mitigates the *kleda* and eliminates it through urine, as it possesses diuretic property.

It is also one of the best formulation for treating oligospermia, sexual debility and impotence. It is very effective to alleviate the spermatorrhea also. In females, it also works well in sterility by boosting up the genital functions. In leucorrhoea

it is one of the choicest remedy. *Trivanga bhasma* alleviates *vata dosha* hence is beneficial to alleviate pain due to muscle cramps.

Trivanga bhasma decimates the oozing and itching in skin diseases of varied aetiology. It alleviates the discoloration of the skin and curbs the excessive sweating. In diabetes mellitus *Jasada bhasma* by itself works well, but the combination of these *bhasmas* becomes a potent remedy to lower the blood sugar, more effectively.

Dosage

250-500 mg; 3 times a day, with water or honey.

Reference

Proprietary

VAIKRANT BHASMA

27

Ingredients

125 mg. *Vaikrant bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Vaikrant	—	Fluorspar	125 mg

Actions & Indications

Vaikrant is a crystalline mineral and being multi-coloured, it is categorised in *uparatnas*. Eight varieties according to its colour are described in the texts. Chemically it contains calcium and fluorine. The black variety of *Vaikrant* is used for medicinal purpose. *Vaikrant* is purified in the decoction of *Kulattha* (*Dolichos biflorus*) by *swedana* in *dolayantra* for nine hours. Then equal amount of sulphur is mixed with it and processed with the lemon juice and is subjected to *gajaputa* for eight times consecutively. Thus *Vaikrant bhasma* gets ready.

Vaikrant bhasma has cold potency, sweet post digestive effect and alleviates all three *doshas*. It is a tonic (*balya*), complexion improving (*kantivardhak*), boosts up the memory (*pradnyavardhak*), stokes *agni*, aphrodisiac (*vrushya*) and rejuvenative (*rasayana*). It is recommended in fever, tuberculosis, skin

diseases, piles, ascites, diabetes and tumours.

Like *Hiraka bhasma*, it nourishes all seven tissues and works well as a tonic in general debility. Moreover it is much economical than *Hiraka bhasma*. In debilitating diseases like tuberculosis, cancer etc., it replenishes the body tissues and enhances the immunity. In old age it boosts up the tissue metabolism and improves the body strength. It is a good substitute for *Hiraka bhasma*, as it is economical and consists the similar properties.

Dosage

10-25 mg; 3 times a day, with honey.

Reference

Rasa Ratna Samucchaya

VANGA BHASMA

28

Ingredients

125 mg. *Vanga bhasma* contains approx. :

Sanskrit	Latin	English	Quantity
Vanga	Stannum	Calx of purified tin	125 mg

Actions & Indications

Vanga (tin) is smelted in a ladle on fire and then dipped into lime water filled in an earthen vessel. This is done seven times for purification. Purified tin is smelted in an iron pan and then *Apamarga* (*Achyranthes aspera*) powder is mixed with it and stirred with iron rod. When it becomes ash-like, it is covered with a saucer and heated for a day. Thus white *Vanga bhasma* is obtained. It is washed with water to eliminate the alkali of *Apamarga*.

Vanga bhasma is hot, dry, light, mobile and sharp in attributes and pacifies *kapha* and *vata dohas*. It is an appetiser, digestant, rejuvenative, aphrodisiac, tonic, immuno-stimulant and promotes the intelligence. It is a highly praised remedy for diabetes and leucorrhoea.

Vanga bhasma boosts up all *dhatvagnis*, facilitates the nourishment of all the body tissues and hence augments the quintessence - *ojas*. It is one of the best tonics. As it nourishes all body tissues, it augments the seminal fluids and alleviates the sexual debility. It also improves the sperm count

in oligospermia and is beneficial in spermatorrhoea and impotence also. Because of its astringent and *kapha* alleviating action, it is the choicest remedy for leucorrhoea. As it mitigates *kleda*, it works well as a potent anti-diabetic drug. It also helps in oozing wounds, diabetic wounds and abscesses. In skin diseases associated with itching and oozing like eczema and scabies it works well, with great benefit. It also decreases the excessive sweating.

Preparations

Vasant kusumakar, Trivanga bhasma, Kasturi-bhairav rasa, Suvarnarajvangeswar etc.

Dosage

125 mg; 2-3 times a day, with honey, milk or ghee.

Reference

Rasamruta

KUPIPAKWA RASAYANA

The Sanskrit word '*Kupipakwa*' literally means the one which is prepared or cooked with intense and prolonged heating in a glass vessel. The word '*rasayana*' here should be taken as a medicine. This type of preparation of Ayurvedic medicine is the classical example of advance technology of Ayurvedic pharmacy in those times.

First of all *kajjali* is prepared by triturating mercury and sulphur. Sometimes, it is then processed with other ingredients or as such ingredients are added to *Kajjali* as per the formulation. The drug material is then filled into a narrow long-necked glass vessel. The bottle or vessel is covered with a plaster of cloth. Then it is kept in *valuka yantra* (sandy apparatus) and subjected to intense but prolonged heating. The duration of heating depends upon the type of drug to be prepared. Normally from 8-12 hours to even 72 hours of heating is required. Then the glass bottle or vessel is taken out from the sandy furnace and is allowed to cool on itself (*swanga shita*). This self cooling is very important, as the procedure of drug preparation continues till it is cooled. The amount of heat required during procedure amounts between 300°C to 380°C.

Prolonged intense heating converts the *Kajjali*-black mercury sulphide into a red mercury sulphide, which is a more potent form. In few preparations the mouth of the glass bottle or vessel is sealed off before subjecting it to heating process. It is called as *antardhuma* procedure. Whereas, sometimes the mouth of the bottle is closed after *Kajjali* melts and fumes of sulphur are ceased. It is known as *bahirdhuma* procedure. The drug material is then collected at bottom (*talastha*) or at the neck (*kanthastha*) of the bottle. *Sameerpannaga* and *Suvarna raj vangeswar* are collected at the bottom of the bottle, whereas *Rasasindur* and *Makaradhwaja* at the neck of the bottle.

KUPIPAKWA RASAYANA

CHANDRODAYA RASA

1

Ingredients

250 mg. *Chandrodaya rasa* contains approx. :

Sanskrit	Latin	English	Quantity
Parada	Hydrargyrum	Purified mercury	62.5 mg
Gandhaka	Sulphur	Purified sulphur	62.5 mg
Vanga	Stannum	Purified tin	62.5 mg
Abhraka	Creta gallica	Purified mica	62.5 mg

Actions & Indications

Chandrodaya rasa and *Purnachandrodaya rasa* (*Makaradhwaja*) are entirely different formulations. *Chandrodaya rasa* is prepared by triturating all ingredients mentioned in the table above in equal parts. Then it is processed with the lemon juice and subjected to ordinary *puta*. Again it is processed and *puta* is given. This procedure is performed seven times consecutively. After this, it is processed with *Kumari* (*Aloe vera*) and *Chitraka* (*Plumbago zeylanica*) separately, seven times each, in the similar way. Thus *Chandrodaya rasa* gets ready.

Chandrodaya rasa is benevolent for boosting up the *shukra dhatu* to augment the seminal fluids, pacify the mental agitation and stress and salutary in hysteria. *Kajjali* works well as a catalyst, rejuvenative and antimicrobial, *Vanga* augments the seminal fluids, works as a rejuve-

native, tonic and *Abhraka* imparts rejuvenating action, nervine, pacifies the irritation of nerves and facilitates the nourishment of all body tissues. *Kumari*, *Nimbuka* (lemon) and *Chitraka* augment *agni* and improve digestion.

With the jaggery and cumin seeds powder (*Jiraka*), it relieves the chronic fever. When given along with aloe juice, it ameliorates the cough and asthma. It is beneficial in hysteria when given along with the decoction of *triphal*. With the decoction of *Guduchi* (*Tinospora cordifolia*), it helps in tetanus to curb the muscular spasms.

Dosage

60-120 mg; 2 times a day with water.

Reference

Rasa Ratna Samucchaya, A-12

DARADA SINDUR

2

Ingredients

300 mg. *Darada sindur* contain approx. :

Sanskrit	Latin	English	Quantity
Shuddha parada	Hydrargyrum	Purified mercury	90 gm
Shuddha gandhaka	Sulphur	Purified sulphur	55.5 gm
Shuddha hingula	—	Cinnabar purified	45 gm
Shuddha rasakarpura	—	Perchloride of mercury	94 gm

Actions & Indications

All ingredients are triturated together till fine *Kajjali* is prepared. Then it is kept in the bottle and covered with the cloth and subjected for heating in *valukayantra* for 48 hours. On cooling on its own, the contents from the bottle are taken out, which is *Darada sindur*.

Darada sindur, *Vyadhi harana rasa* and *Ashtamurti* are the three formulations used for treating syphilis. *Darada sindur* is beneficial in second stage and chronic cases of syphilis. In tertiary stage of syphilis, involvement of skin and bones takes place. Gummas, granulomatous, sometimes ulcerative lesions can occur any where in the skin. They are commonly found in the skull, tibia, fibula and clavicle, although any bone may be involved. In syphilitic syndromes involving neurological diseases, development of ataxia, some muscle wasting, neuropathic joints (charcot's joints) are often seen. *Darada sindur*

is extremely useful in such conditions. It also works well in syphilitic ulcers and lymph gland swellings.

Kajjali is beneficial as an antimicrobial agent, a catalyst and as rejuvenator. *Hingula* alleviates all three *doshas*, stokes *agni*, is rejuvenating and alleviates diseases all three *doshas*. It stokes *agni*, is rejuvenating and alleviates all diseases. *Darada sindur* alleviates *vata* and *kapha doshas* and the seat of action of this formulation is *rasa, rakta, mamsa* and *asthi dhatus*. *Rasakarpura* alleviates the skin diseases, blood diseases like syphilis and augments the effects of this formulation.

Dosage

60-120 mg; 2 times a day with honey.

Reference

Rasayoga Sagar

3 MAKARADHWAJA

[Please refer to Guti-Vati-Suvarnayukta, Formulation No. 7]

4 MALLASINDUR

[Please refer to Guti-Vati-rasa, Formulation No. 34]

5 RASAMANIKYA

[Please refer to Bhasma (Calx), Formulation No. 5 Same as Haratala Bhasma.]

RASASINDUR**6****Ingredients**

125 mg. *Rasasindur* contains approx. :

Sanskrit	Latin	English	Quantity
Parada	Hydrargyrum	Purified mercury	80 mg
Gandhaka	Sulphur	Purified sulphur	20 mg
Navasagar	Salammoniac	Amonium chloride	5 mg

Actions & Indications

All ingredients are triturated together and processed with the lemon juice and then poured in the bottle. The bottle is then covered with the cloth seven times and with the help of *valuka yantra*, it is subjected to heat for 24 hours. Finally, the glass bottle is broken and the drug accumulated at the neck of bottle is *Rasasindur*.

Because of its hot potency, it mitigates *kapha dosha* and hence is useful in bronchial asthma, pleurisy with effusion. It alleviates the difficulty in breathing and eases the symptom dyspnoea. As

it is *yogavahi*, a catalyst, it is many a times used in various preparations to enhance the activity of medicine. *Rasasindur* is used with specific *anupanas*.

Dosage

15-30 mg; 3 times a day, with ginger juice.

Reference

Yoga Ratnakara

SAMEERPANNAGA**7**

[Please refer to *Guti-Vati-Suvarnayukta*, Formulation No. 11]

SUARNARAJ VANGESHWAR

8

Ingredients

250 mg. *Suvarnaraj vangeshwar* contains approx. :

Sanskrit	Latin	English	Quantity
Shuddha vanga	Stannum	Purified tin	62.5 mg
Shuddha parada	Hydrargyrum	Purified mercury	62.5 mg
Shuddha gandhaka	Sulphur	Purified sulphur	62.5 mg
Navasadar	Salmmoniac	Ammonium chloride	62.5 mg

Actions & Indications

The *bhasma* is golden in colour, hence called as *Suvarnaraj vangeshwar* or *Suvarna vanga* or *Maskmruganka rasa*. It does not contain *Suvarna* at all. First of all purified *Vanga* is heated and liquified. The purified mercury is added to it and by adding purified sulphur and *Navasadar*, the whole mixture is trituated and *Kajjali* is prepared. It is subjected for heating, with the help of *valukayantra*, in the bottle. After that it is allowed to cool on its own and the golden coloured final preparation is ready.

Kajjali is a well known *yogavahi* - a catalyst, which augments the properties of *Vanga* by many folds. Thus it is many a times used, in small doses, instead of *Vanga bhasma* alone. *Suvarnaraj*

vangeshwar is highly praised as a panacea for diabetes mellitus and is recommended with cardamom powder and honey.

It works well in oligospermia, discolouration of skin, excessive sweating (hyperhidrosis), itching and in urinary disorders. It is salutary in scanty urination (oliguria) and difficulty in micturition (dysuria). It is an excellent remedy for spermatorrhoea. It abates the diabetic carbuncles.

Dosage

50-125 mg; 3 times a day, with honey or water.

Reference

Rasarajasundar

VYADHIHARANA RASA

9

Ingredients

125 mg. *Vyadhiharana rasa* contains approx. :

Sanskrit	Latin	English	Quantity
Parada	Hydrargyrum	Purified mercury	30 mg
Gandhaka	Sulphur	Purified sulphur	30 mg
Rasakarpura	—	Perchloride of mercury	65 mg

Actions & Indications

Vyadhiharana rasa is prepared by taking purified mercury, sulphur and *rasakarpura* in 1:1:2 ratio and fine *Kajjali* is prepared. It is then filled in the bottle and covered with the cloth and subjected to heat with the help of *valuka yantra*. After one day it is taken out from the heat and allowed to cool on its own. The drug is then taken out from the bottle.

Vyadhiharana rasa is one of the well known panacea for syphilis and gonorrhoea. *Rasakarpura* is highly esteemed for its efficacy in syphilis and gonorrhoea. This composition is useful in secondary and tertiary stages of syphilis. The syphilitic joints afflictions respond very well to this formulation. It reduces the pain and swelling of the joints. In gonorrhoea, it works well in early stages. It is the best remedy for urethral stricture

due to gonococcal infection. In early stages of gonorrhoea, *Vyadhiharana rasa* works well, whereas, in late stages and chronic ulcers, *Ashtamurti* is useful. In gonorrhoea, *Vyadhiharana rasa* is recommended with betel leaf. It also works as a potent aphrodisiac. It is one of the best rejuvenatives and prevents wrinkling and ageing. It also alleviates the cardiac pain and alleviates the diseases caused due to aggravation of *vata* and *kapha doshas*. *Vyadhiharana rasa* is a good tonic, rejuvenative and gonococcocidal drug.

Dosage

50-125 mg; 3 times a day, with honey or water.

Reference

Rasachandanshu

A VALEHA (JAM, JELLY, SYRUP)

These are the thickened extracts approaching confections. The consistency when is thick like jam or jelly, is known as *ghana avaleha* and when it is like a syrup, it is called as *pravahi avaleha*.

In this preparation, decoctions are boiled down to a thick consistency. When sugar is to be used in this preparation, its quantity should be four times that of the drugs. In case of jaggery, it should be double that of the drugs. If water or milk is to be added, the quantity to be added should be four times that of the drugs used.

A good *avaleha* should sink in water and be ductile. If it is made thicker, it should be able to receive impressions. It should have a good colour and emit sweet smell. Many tonics and rejuvenatives are prepared in a form of *avaleha*. The final preparation should be cooked till it loses its all water contents. Then it becomes durable. Otherwise it allows the growth of fungi and gets spoiled. The preparation is recommended to be taken with milk, sugar-cane juice or any other infusion or decoction desirable under the circumstances.

GHANA AVALEHA & PAKA
JAMS & JELLIES

AMALAKI AVALEHA – MORAVALA

1

Ingredients

10 gm. *Moravala amalaki avaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	1.66 gm
Kumkuma	Crocus sativus	Saffron	Stamen	1.6 gm
Sharkara	Saccharum officinarum	Sugar	—	6.6 gm
Amalaki juice	Phyllanthus emblica	Emblic myrobalan	Fruit juice	1.66 gm
Ela	Elettaria cardamomum	Cardamom	Fruit	3.3 gm

Actions & Indications

Amalaki fruits are cooked under pressure in the steam and pricked on the surface. Then they are kept in the syrup prepared from sugar, containing *Ela* and *Kumkuma*. After 2-3 weeks the *Amalaki avaleha* (*Moravala*) is ready for the use. It is kept in the air tight bottle container, which has a shelf life for about 1-3 years. Every year, in the season of fruiting of *Amalaki*, this preparation is prepared as a household remedy for *pitta* disorders and is known as *Moravala* in local language.

Amalaki in one of the best rejuvenatives. As it possesses the sweet post digestive effect, it is an effective remedy as a pacifier of *pitta dosha*. The aggravation of *pitta dosha* causes giddiness, nausea, vomiting, headache etc. for which

Amalaki avaleha is the best remedy. *Amalaki* alleviates *pitta dosha*, exerts a mild laxative action and augments the appetite by stoking *agni*. This is a very commonly used as a household remedy. Especially, the individuals of *pitta* constitution are benefited as the preparation can be used as a preventive as well as a curative for aggravation of *pitta dosha*. *Kumkuma* stokes *agni* and *Ela* works well as a carminative and improves the taste.

Dosage

1-2 *Amalaki* fruits; 2 times a day, with milk.

Reference

Proprietary

CHOPCHINI PAKA

2

Ingredients

10 gm. *Chopchini paka* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chopchini	Smilax china	China root	Root	4 gm
Pippali	Piper longum	Long pepper	Fruit	150 gm
Pippalimula	Piper longum-radix	Long pepper root	Root	150 gm
Maricha	Piper nigrum	Black pepper	Fruit	150 gm
Shunthi	Zingiber officinale	Dry ginger	Rhizome	150 gm
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	150 gm
Akarkarabha	Anacyclus pyrethrum	Pellitory	Root	150 gm
Lavanga	Syzygium aromaticum	Clove	Flower	150 gm
Sharkara	Sacchrum officinarum	Sugar	—	5 gm

Actions & Indications

All ingredients, mentioned in the table above, are taken together and finely powdered and prepared in the form of a '*modaka*' solid, round shaped preparation, weighing 7 to 8 gm each.

Chopchini or *Dwipantara vacha*, is the chief component of this formulation, which is light and dry in attributes, alleviates all three *doshas* and works well in syphilis. It alleviates mainly the *vata dosha*, hence alleviates pains and is a good nervine. *Akarkarabha* helps in epilepsy and alleviates *kapha* and *vata dohas*. It also reduces the pains. All other ingredients like *Pippali*, *Pippalimula*, *Shunthi*, *Maricha*, *Tvak* and *Lavanga* are good adjuncts, as pain alleviators. Sugar adds to nutritive value.

Chopchini paka is the choicest panacea for

syphilis in secondary and tertiary stages. It alleviates the pains in syphilitic joints and also reduces the swelling. It also is useful in joint afflictions in gout and other rheumatic diseases.

Chopchini exerts an excellent aphrodisiac effects and is extremely beneficial in sexual debility and impotence. As it is the best nervine, it helps in epilepsy and hysteria to curb the frequency and intensity of seizures. It is useful in cough, tuberculosis and as a general tonic.

Dosage

1 *Modaka*; 2 times a day, with milk.

Reference

Yoga Ratnakara, *Upadansha*

CHYAVANAPRASH

3

Ingredients

Each 5 gm. *Chyavanaprash* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Karkatshrungi	<i>Pistacia integerrima</i>	Chinese galls	Gall	29 mg
Bhumyamalaki	<i>Phyllanthus niruri</i>	—	Whole plant	29 mg
Bhumikushmanda	<i>Ipomoea digitala</i>	French honey sucker tubers	Tuber	29 mg
Haritaki	Triphala	<i>Terminalia chebula</i>	Fruit	29 mg
Bibhitaka		<i>Terminalia belerica</i>	Fruit	
Amalaki		<i>Embolica officinalis</i>	Fruit	
Karchura	<i>Curcuma zedoaria</i>	Zedoary	Rhizome	29 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	29 mg
Bruhatela	<i>Amomum subulatum</i>	Greater cardamom	Fruit	29 mg
Mushtaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	29 mg
Nilotpal	<i>Nymphaea stellata</i>	Indian blue water lily	Flower	29 mg
Dashamula :	—	Ten Roots	—	29 mg
Bruhati	<i>Solanum indicum</i>	Indian nightshade	Root	
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	
Prushniparni	<i>Uraria picta</i>	Sweet smelling hare foot	Root	
Shaliparni	<i>Desmodium gangeticum</i>	Unifoliate tick trefoil	Root	
Kantakari	<i>Solanum xanthocarpum</i>	Jaquin's night shade	Root	
Bilva	<i>Aegle marmelos</i>	Bael	Root	
Agnimantha	<i>Clerodendron phlomoidis</i>	Jerusalem sagar	Root	
Tintuka	<i>Oroxylum indicum</i>	Indian trumpet flower	Root	
Patala	<i>Stereospermum suaveolens</i>	Yellow flowered trumpet	Root	
Gambhari	<i>Gmelina arborea</i>	Cashmere tree	Root	
Vasa	<i>Adhatoda vasica</i>	Malabar nut	Root	29 mg
Draksha	<i>Vitis vinifera</i>	Raisins	Raisin	29 mg
Raktachandana	<i>Pterocarpus santalinus</i>	Red sandalwood	Heartwood	29 mg
Varahikanda	<i>Dioscorea bulbifera</i>	—	Tuber	29 mg
Pushkaramula	<i>Saussurea lappa</i>	—	Root	29 mg
Vidarikanda	<i>Pueraria tuberosa</i>	—	Tuber	29 mg
Bala	<i>Sida cordifolia</i>	Country mallow	Root	29 mg

Contd...

Avaleha — Jam, Jelly, Syrup

Sanskrit	Latin	English	Part Used	Quantity
Shatavari	Asparagus recemosus	Asparagus	Rhizome	29 mg
Amalaki	Emblca officinalis	Emblc myrobalan	Fruit	1042 mg
Ghrita	—	Ghee	—	125 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	10 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	10 mg
Ela	Elletaria cardamomum	Lesser cardamom	Fruit	10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Ashwagandha	Withania somnifera	Winter cherry root (Sugar base)	Root	75 mg

Actions & Indications

The famous story of ancient seer Chyavana quotes that he was rejuvenated by Ashwinikumars, by a preparation, chiefly contained *Amalaki* fruits. Since then the preparation is known as *Chyavanaprash*. As few herbs mentioned in those days are not available, few replacements are done in these days. For example, in place of *Jivaka*, *Guduchi* is used, in place of *Meda*, *Vidarikanda* is used and in place of *Kakoli*, *Shatavari* is used. There are many variations or additions in *Chyavanaprash* preparations, available in the market today.

Chyavanaprash is an incomparable rejuvenating formulation, commonly used as a general tonic. In fact, it bestows much more than as a mere tonic. Though *Chyavanaprash* has gained the popularity in India as well as all over the world, many properties and uses of it have remained yet unrevealed. It is a rejuvenative i.e. *rasayana*, which promotes the qualities of *dhatu* i.e. body tissues, by direct enrichment of the nutritional quality of *rasa* (*poshaka rasa*) i.e. the nutrient plasma. It then improves the nourishment of all subsequent tissues. It also promotes the competence of *srotasas* i.e. micro-circulatory channels in the body leading the better availability of nutrients to the tissues and improved tissue

perfusion. Hence, improved quality of tissues bestows longevity, immunity and mental competence and imparts rejuvenation.

Chyavanaprash is recommended as a rejuvenative, to promote the body tissues in old age and in wounds. It works well in the diseases of lungs and heart, salutary in sore throat, gout, excessive thirst and the disorders of urogenital system. It imparts the complexion, memory, intelligence, health and longevity. It stokes *agni* and alleviates *vata dosha*. *Chyavanaprash* contains *Amalaki* as the chief component, which is the best rejuvenative, rich source vitamin C, an aphrodisiac and immunomodulator. It is getting approved as one of the potent nutraceutical formulation, all over the world.

It is extremely beneficial in bronchial asthma, as it contains herbs like *Pippali*, *Vasa*, *Pushkaramula*, *Kantakari*, *Karkatashruni* which alleviate *kapha dosha* and exert a bronchodilator activity. Hence, it prevents the frequency of paroxysms and reduces their intensity in asthma. It is benevolent in congestive cardiac failure, pleurisy, bronchiectasis and tuberculosis. It augments the appetite, improves digestion and promotes the body tissues, so is useful to sportsmen. It also

alleviates the mental stress and strain. It boosts up the seminal fluids and exerts aphrodisiac effects. It is the best general tonic for all ages. It imparts excellent results, when consumed for long term duration for prevention as well as for cure.

Dosage

1-2 tsf; 2 times a day, with milk.

Reference

Charaka Samhita, *Chikitsa Sthana*, A-1

ERANDA PAKA**4****Ingredients**2 gm. *Eranda paka* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Eranda	<i>Ricinus communis</i>	Castor oil plant	Seed	419 mg
Dugdha	<i>Lactus</i>	Milk	—	3.355 mg
Ghrita	—	Ghee	—	209.5 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	838 mg
Tejpatra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	6.5 mg
Tvak	<i>Cinnamomum zeylanica</i>	Cinnamon	Bark	6.5 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	6.5 mg
Ela	<i>Elettaria cardamomum</i>	Lesser cardamom	Fruit	6.5 mg
Pippalimula	<i>Piper longum</i>	Long pepper root	Root	6.5 mg
Chavya	<i>Piper chaba</i>	Javal long pepper	Fruit	6.5 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	6.5 mg
Mishreya	<i>Foeniculum vulgare</i>	Fennel	Seed	6.5 mg
Karchura	<i>Curcuma zedoaria</i>	Zedoary	Rhizome	6.5 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	6.5 mg
Bilva	<i>Aegle marmelos</i>	Beal	Fruit	6.5 mg
Ajamoda	<i>Carum copticum</i>	Ajowan	Seed	6.5 mg
Krishnajiraka	<i>Cuminum caraway</i>	Black caraway	Seed	6.5 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seeds	Seed	6.5 mg
Haridra	<i>Curcuma longa</i>	Turmeric	Rhizome	6.5 mg
Daruharidra	<i>Berberis aristata</i>	Indian berberry	Rhizome	6.5 mg
Ashwagandha	<i>Withania somnifera</i>	Winter cherry roots	Root	6.5 mg
Bala	<i>Sida cordifolia</i>	Country mallow	Root	6.5 mg
Patha	<i>Cissampelos pareira</i>	False pareira brave	Root	6.5 mg
Hapusha	<i>Juniperus communis</i>	Common juniper	Root	6.5 mg
Vidanga	<i>Embelia ribes</i>	Embelia fruit	Fruit	6.5 mg
Pushkaramula	<i>Saussurea lappa</i>	—	Root	6.5 mg
Kushtha	<i>Alpinea galanga</i>	Javagalangal	Root	6.5 mg
Haritaki	<i>Terminalia chebula</i>	Chebolic Myrobalan	Fruit	2.16 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric Myrobalan	Fruit	2.16 mg

Contd...

Sanskrit	Latin	English	Part Used	Quantity
Amalaki	Emblica Officinalis	Emblic Myrobalan	Fruit	2.16 m
Gokshura	Tribulus terrestris	Land clatrops	Root	6.5 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	6.5 mg
Shatavari	Asparagus recemosus	Asparagus	Rhizome	6.5 mg

Actions & Indications

Eranda, the cardinal component of this formulation is sweet, pungent and astringent in the taste, sweet in the post digestive effect and has a hot potency. It alleviates *vata* and *kapha* doshas. It possesses heavy, unctuous, sharp and subtle attributes and is the drug of choice in treating diseases of *vata* associated with *ama* (*samavata*). Other ingredients like *Tvak*, *Tamalpatra*, *Shunthi*, *Chitraka* etc. are hot in potency, hence help to alleviate *vata* and also stoke *agni*.

As a whole, majority of the ingredients are *vata* alleviating, hence the formulation is beneficial in

vata diseases like rheumatic disorders, lumbago, lockjaw, diseases of puerperium. The ingredients like *Triphala*, *Gokshura*, *Devdaru*, *Pushkaramula* etc. help to curb oedema by eliminating the body fluids and help to alleviate oedema and anasarca. Sugar, milk and ghee add to nutritive value.

Dosage

1-2 pieces; 2-3 times a day, with water.

Reference

Proprietary

Ingredients

10 gm. *Gulkanda* contains approx. :

Sanskrit	Latin	English	Quantity
Pravalpishti	Corallium rubrum	Fine processed powder of purified coral	100 mg
Guduchi sattva	Tinospora cordifolia	Starch of tinospora	100 mg
Gulkanda	Rosa centifolia	Rose petals with sugar	As a base

Actions & Indications

Gulkanda is prepared by keeping the rose petals in sugar, in airtight container. It requires few weeks to form a uniform jam. Then other components like *Praval pishti* and *Guduchi sattva* (starch) are added to enhance the properties of *Gulkanda*.

Taruni i.e. rose, has bitter and pungent tastes, pungent post digestive effect and cold potency. It is light (*laghu*) and mobile (*sara*) in attributes and alleviates all three *doshas*. It alleviates the burning sensation, exerts mild laxative action and pacifies *pitta dosha*. Rose water is cooling to the eyes and imparts mild laxative action when drunk. *Praval pishti* also alleviates the hot and sharp attributes of aggravated *pitta dosha*. *Guduchi sattva*, by itself, is traditionally used as a household remedy for chronic fever, to alleviate burning sensation and to increase the energy and appetite. Hence, it potentiates this formulation in its cooling property. Moreover, sugar also alleviates *pitta dosha*, as it is sweet in taste.

Gulkanda is one of the most popular household remedy to alleviate *pitta dosha*. It is especially recommended in the summer season. It alleviates the fever, burning sensation of the body, eyes, hands and feet. It is extremely salutary in children as a tonic in convalescence, especially, after exanthematous diseases like measles and chickenpox. It helps to alleviate the burning sensation in the body and skin. *Gulkanda* is also benevolent in *raktapitta*-bleeding diathesis, wherein the bleedig occurs through nose, mouth or anal canal etc. As it requires cooling to alleviate *pitta*, *Gulkanda* becomes extremely useful.

Dosage

1-2 tsf; 3 times a day, with milk or water.

Reference

Proprietary

KUSHMANDAVALEHA

6

Ingredients

10 gm. *Kushmandavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kushmanda	<i>Benincasa hispida</i>	White pumpkin	Fruit	3.9 gm
Ghrita	—	Ghee	—	1.2 gm
Sharkara	<i>Saccharum officinarum</i>	Sugar	—	3.9 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	20 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	20 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seeds	Seed	20 mg
Dhanyaka	<i>Coriandrum sativum</i>	Coriander	Seed	20 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	20 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	20 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	20 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	20 mg
Madhu	Mel	Honey	—	840 mg

Actions & Indications

Kushmandavaleha is the choicest preparation for children and old individuals, as a general tonic. *Kushmanda* is sweet in the taste and post digestive effect and has cold potency. It is rejuvenative and aphrodisiac in properties and is useful in dysuria, strangury and urinary calculi as it has a cleansing action on the urinary bladder. It also works well as an adjunct in diabetes mellitus. It alleviates all three *doshas*. Other components like *ghrita*, sugar and honey add to its *brimhana*-bulk promoting action. *Shunthi*, *Maricha*, *Pippali*, *Jiraka*, *Dhanyaka*, *Tvak*, *Tamalpatra* and *Pippali*, stoke *agni* well and promote digestion.

Kushmandavaleha is recommended in tuberculosis, fever, thirst, dehydration, debility, vomiting, cough, giddiness and asthma. It augments, especially, the *mamsa dhatu* hence is beneficial in debility, *vata* diseases and muscle wasting disorders. It is highly praised as an aphrodisiac preparation and thus indicated in oligospermia, sexual debility, old age. It is used as a general tonic for children.

Dosage

1-2 pieces or tsf; 2 times a day, with milk.

Reference

Sharngadhar Samhita, A-8

SOUBHAGYA SHUNTHI PAKA

7

Ingredients

5 gm. of *Soubhagya shunthi paka* preparation contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ghrita	—	Ghee	—	1.62 gm
Dugdha	Lactus	Milk	—	.74 gm
Khanda sharkara	Sacchrum officinarum	Rock candy	—	1.68 gm
Shunthi	Zingiber officinale	Dry ginger	Rhizome	.270 gm
Dhanyaka	Coriandrum sativum	Coriander	Fruit	.101 gm
Mishreya	Foeniculum vulgare	Fennel	Fruit	.169 gm
Vidanga	Embelia ribes	Bidanga	Fruit	.033 gm
Jiraka	Cuminum cyminum	Cumin seeds	Seeds	.033 gm
Krishna jiraka	Carum caraway	—	Seed	.101 gm
Shunthi	Zingiber officinale	Dry ginger	Rhizome	.101 gm
Maricha	Piper nigrum	Black pepper	Fruit	
Pippali	Piper longum	Long pepper	Fruit	
Tvak	Cinnamomum zeylanica	Cinnamon	Bark	.135 gm
Ela	Elettaria cardamomum	Cardamom	Fruit	
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	

Actions & Indications

Shunthi, the chief component, is highly praised as *Mahaushadhi*, meaning a great medicine and is one of the choicest remedy for rheumatic diseases. It is one of the distinguished medicine in the diseases of *vata* and is also known as '*Vishwabhaishaja*' denoting, the universal medicine. *Shunthi* is pungent in the taste, sweet in post digestive effect and has hot potency. It facilitates *vata dosha* in its proper direction, alleviates *kapha dosha* and digests the *ama* as well. Other ingredients like *Trikatu*, *Chaturjat* stoke *agni* and because of their hot potency help alleviating *vata* and *kapha doshas*.

Soubhagya shunthi paka is recommended in rheumatic disorders, joint pains, anorexia, excessive thirst, vomiting, fever, cough, bronchial asthma, worm infestations, splenomegaly and menstrual disorders. It digests *ama* and opens up the *srotasas*, hence useful in *vata* diseases due to *srotorodha* - obstruction in subtle channels.

Dosage

5-10 gm; 2 times a day, with warm water.

Reference

Proprietary

PRAVAHI AVALEHA
SYRUPS

ABHAYAMALAKI AVALEHA

1

Ingredients

10 ml. *Abhayamalaki avaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	1.5 gm
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	1.5 mg
Brahmi	Bacopa monnieri	Indian pennywort	Whole	80 mg
Shankhapushpi	Evolvulus alsenoides	—	Whole	80 mg
Vidanga	Embelia ribes	Bidanga	Fruit	80 mg
Chandana	Santalum album	White sandalwood	Heartwood	80 mg
Aguru	Aquilara agallocha	Calambac	Heartwood	80 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	80 mg
Dashamula	—	Ten roots	Roots	80 mg
Sharkara	Sacchrum officinarum	Sugar	—	1.0 gm
Madhu	Mel	Honey	—	.5 gm

Actions & Indications

Abhaya i.e. *Haritaki* and *Amalaki* are the two cardinal ingredients, hence the name. These both the herbs are *rasayana* - rejuvenatives and the formulation is designed so as to be helpful as rejuvenating, especially in the old age. *Rasayana* substances help to improve tissue nourishment by direct enrichment of nutritional quality of *rasa*, by promoting nutrition by improving *dhatvagni* and by promoting competence of micro-circulatory channels in the body (*srotasas*) leading the better bio-availability of nutrients to the tissues. *Amalaki* and *Abhaya* promotes the competence of *srotasas* and exert their rejuvenating action. Both enhance the longevity and prevent the aging process.

In old age, mental debility follows the physical debility. The predominance of *vata dosha* in this age causes the mental agitation, impairment in memory etc. Herbs like *Vacha*, *Brahmi*, *Aguru*, *Shankhapushpi* are *medhaya* - *rasayanas* and hence this formulation becomes salutary in mental problems and diseases like epilepsy and mania.

Dosage

1 to 2 tsf; 3 times a day, with milk.

Reference

Charaka Samhita

AGASTYA HARITAKI AVALEHA

2

Ingredients

10 ml. *Agastya haritaki avaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	500 gm
Atasi	<i>Linum usitatissimum</i>	Linseed	Seed	250 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	250 mg
Pippalimula	<i>Piper longum-radix</i>	Long pepper root	Root	250 mg
Apamarga	<i>Achyranthes aspera</i>	Rough chaff tree	Root	250 mg
Shathi	<i>Hedychium spicatum</i>	Long zedoary	Rhizome	250 mg
Kapikacchu	<i>Mucuna pruriens</i>	Cowhage	Seed	250 mg
Shankhapushpi	<i>Evolvulus alsenoides</i>	—	Whole	250 mg
Bharngi	<i>Clerodendron serratum</i>	—	Root	250 mg
Bala	<i>Sida cordifolia</i>	Country mallow	Root	250 mg
Pushkaramula	<i>Inula racemosa</i>	—	Root	250 mg
Gaja pippali	<i>Piper longum</i>	Long pepper	Fruit	250 mg
Dashamula	—	Ten roots	Roots	250 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	500 mg

Actions & Indications

The great ancient seer *Agasti* has designed this formulation, hence the name. *Haritaki*, the chief component is supplemented with other herbs, which alleviate *vata* and *kapha doshas*, work well on respiratory system and augment the *bala* - strength of the body. The ingredients like *Atasi*, *Pushkaramula*, *Bharngi*, *Gaja pippali*, *Shathi* work well on respiratory system. Especially, *Shathi*, *Atasi*, and *Pushkaramula* help in drying off the mucous secretions, hence is salutary in pleurisy. The chest pain is alleviated by *Dashamulas*, *Pushkaramula* and *Pippali*.

Agastya haritaki avaleha is indicated in tuberculosis, wherein symptoms like cough, fever

and chest pain are associated. *Bala* and *Kapikacchu* augment the body tissues and alleviate *vata dosha*. Along with respiratory afflictions like tuberculosis and pleurisy, it also works well to stoke *agni* and help in diseases of the gut, like colitis. It is one of the best rejuvenating formulation, augmenting the appetite and digestion, along with the supplement of *balya* herbs.

Dosage

1 to 2 tsf; 2 times a day, with milk.

Reference

Bruhat Nighantu Ratnakara, *Rajayakshma*

AMRUTABHALLATAKA AVALEHA

3

Ingredients

10 ml. *Amrutabhallataka avaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Guduchi	<i>Tinospora cordifolia</i>	—	Stem	2 gm
Bhallataka	<i>Semecarpus anacardum</i>	Marking nut	Fruit	2 gm
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	60 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	60 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	60 mg
Gokshura	<i>Tribulus terrestris</i>	Small caltrops	Root	60 mg
Mushtaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	60 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	20 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	20 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	20 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	20 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	20 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	20 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	2 gm

Actions & Indications

Amruta (*Guduchi*) and *Bhallataka* are the two cardinal components of this formulation, hence the name. These herbs alleviate *vata* and *kapha* doshas and this composition is mainly used in treating leprosy (*kushtha*). In lepromatous leprosy, the skin lesions associated with anaesthesia, responds well to this preparation and the sensory loss is regained. *Amruta* and *Bhallataka* are both, the potent anti-*vata* herbs and are commonly used in *vata* diseases like joint pains, swelling etc. It works well in paralysis also. This preparation can be of use in syphilis and gonorrhoea also.

Bhallataka being very hot in potency, exerts allergic manifestations in few individuals. Hence, it should be used with great caution. It should be sparingly used by individuals of *pitta* constitutions and during the treatment regimen one should avoid the spicy diet and exposure to sun and heat.

Dosage

1-2 tsf; 3 times a day, with milk.

Reference

Bruhat Nighantu Ratnakara

ARAGVADHA KALPA

4

Ingredients

10 ml. *Aragvadha kalpa* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Aragvadha	Cassia fistula	Indian laburnum	Fruit	1.5 gm
Sharkara	Sacchrum officinale	Sugar	—	1.5 mg

Actions & Indications

Aragvadha is sweet in the taste as well as in post digestive effect and has cold potency. It alleviates *vata* and *pitta doshas* and cleanses (*shodhana*) both the *doshas*. It possesses heavy (*guru*), unctuous (*snigdha*) and bowel leanses (*sramsana*) attributes. It is used in skin diseases, fever, flatulence, diabetes, ascites, heart diseases and abdominal pain.

The mild laxative action of *Aragvadha* is used to relieve constipation in children, in pregnancy and weak individuals. *Aragvadha kalpa* is commonly used to cleanse the bowels. As it is laxative as well as an alleviator of *apana vata*, it works well as a deflatulent. It is especially useful in constipation with hard stools, as it softens the faeces. Being a blood purifier, it is benevolent in gout, *raktapitta* and hepatitis. It also pacifies *pitta*

dosha and eliminates it by laxative action in such conditions.

Aragvadha kalpa is salutary in various skin diseases associated with the burning sensation and itching. Because it regulates and facilitates the bile secretions and pacifies *pitta dosha*. It is useful in eczema, scabies, ringworm infestation etc. It is beneficial in fever, as it cleanses the bowels and renders the softening of faecal matter, it eliminates the *doshas* and relieves abdominal pain and flatulence. It is used in blackwater fever also.

Dosage

1-2 tsf; at night.

Reference

Proprietary

ARDRAKAVALEHA

5

Ingredients

10 ml. *Ardrakavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ardraka	Zingiber officinale	Ginger	Rhizome	1.25 gm
Sharkara	Sacchrum officinarum	Sugar	—	1.25 gm

Actions & Indications

Ardraka means the fresh ginger and *Shunthi* means the dry ginger. It should be noted that the taste of both is pungent and potency is hot but post digestive effect of *Ardraka* is pungent, whereas it is sweet that of *Shunthi*. *Ardraka* possesses heavy, dry and sharp attributes, on the contrary, *Shunthi* is light and unctuous. *Ardraka* alleviates *kapha* as it is pungent, hot, dry and sharp; alleviates *vata* as it is hot; but aggravates *pitta* because of its sharp, hot and dry attributes. *Shunthi* alleviates all three *doshas* and because of its sweet post digestive effect, it does not aggravate *pitta dosha*.

Ardrakavaleha can be prepared in semi-solid form (called as *alepaka*) or in syrup form also. As mentioned above, *Ardrakavaleha* is useful in *kapha* disorders, especially, of respiratory system.

It curbs common cold, cough, pharyngitis, fever, hoarseness of voice, sore throat. In bronchial asthma, pleurisy, congestive cardiac failure, bronchitis, cough is the common most symptom. In these diseases, the medicines are given along with *Ardrakavaleha* as a media of intake or vehicle (*anupana*). It potentiates the effects by mitigating the *kapha dosha* and imparts better results. *Ardrakavaleha* is useful to stimulate the appetite, improve the taste sensation, hence used in anorexia and distaste.

Dosage

1-2 tsf; 3 to 4 times a day.

Reference

ASHWAGANDHAVALEHA

6

Ingredients10 ml. *Ashwagandhavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ashwagandha	<i>Withania somnifera</i>	Winter cherry	Root	3.9 gm
Godugdha	<i>Lactus</i>	Cow's milk	—	1.2 gm
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	2.3 gm
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	10.2 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Casia leaf	Leaf	10.2 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	10.2 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	10.2 mg
Jatipatri	<i>Myristica fragrans</i>	Mace	Mace	10.2 mg
Jatiphala	<i>Myristica fragrans</i>	Nutmeg	Seed	10.2 mg
Kumkuma	<i>Crocus sativum</i>	Saffron	Stamen	10.2 mg
Vanshalochana	<i>Bambusa arundinaceae</i>	—	Resin	10.2 mg
Jatamansi	<i>Nardostachys jatamansi</i>	Spikenard	Root	10.2 mg
Aguru	<i>Aquilara agallocha</i>	Calambac	Heartwood	10.2 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	10.2 mg
Pippalimula	<i>Piper longumradix</i>	Long pepper root	Root	10.2 mg
Lavanga	<i>Syzygium aromaticum</i>	Clove	Flower	10.2 mg
Kankola	<i>Piper cubeba</i>	Cubeb	Fruit	10.2 mg
Kapikacchu	<i>Mucuna pruriens</i>	Cowhage	Seed	10.2 mg
Bhallataka	<i>Semecarpus anacardum</i>	Marking nut	Seed	10.2 mg
Akshotaka	<i>Juglans regia</i>	Walnut	Seed	10.2 mg
Karkatashringi	<i>Rhus succedania</i>	Chinese galls	Gall	10.2 mg
Gokshura	<i>Tribulus terrestris</i>	Small caltrops	Root	10.2 mg
Rasasindur	—	Red mercurial	—	4.9 mg
Nagabhasma	<i>Plumbum, purified</i>	Lead calx	—	4.9 mg
Abhrakabhasma	<i>Creta gallica</i>	Mica calx	—	4.9 mg

Actions & Indications

Ashwagandhavaleha is also known as *Ashwagandhapaka*. It is one of the choicest tonic (*balya*) and it enriches the nourishment of all body tissues (*dhatu*s). *Ashwagandha*, by itself, is a well known

rejuvenative. Its *rasayana* actions bestow enrichment of the nutritional quality of nutrient plasma and promotes nutrition through improving digestion and metabolism. It is one of

the prime important plant used as a rejuvenator and an aphrodisiac. *Rasayana* nourishes all body tissues, promotes longevity and immunity and keeps a person healthy.

Ashwagandhvaleha consists of many ingredients, which potentiate the activities of *Ashwagandha*. The seeds of *Bhallataka* and *Akshotaka* stoke *agni* of *mamsa dhatu* and enhances the muscle tissue in the body and augments the strength. Ingredients like *Rasasindur*, *Abhrakabhasma*, *Pippali*, *Vamshalochana* and *Chaturjat* i.e. *Ela*, *Tvak*, *Tamalpatra* and *Nagakeshara* alleviate *kapha dosha* and are useful in respiratory diseases

like tuberculosis. *Ashwagandha* is highly praised for its aphrodisiac property and it augments the seminal fluids effectively. Adjuvants like saffron, *Nagabhasma*, marking nut and *Kapikacchu* immensely potentiate the aphrodisiac activity and *Ashwagandhvaleha* becomes extremely useful in sexual debility. It also works well as an adjunct in gonorrhoea and syphilis.

Dosage

1-2 tsf; 3 times a day with milk.

Reference

Yoga Ratnakara

BHALLATAKAVALEHA

7

Ingredients

10 ml. *Bhallatakavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bhallataka	<i>Semecarpus anacardum</i>	Marking nut	Fruit	1.66 gm
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	7.8 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	7.8 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	7.8 mg
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	7.8 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	7.8 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	7.8 mg
Danti	<i>Baliospermum montanum</i>	—	Root	7.8 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	7.8 mg
Chavya	<i>Piper chaba</i>	Java long pepper	Fruit	7.8 mg
Ajamoda	<i>Carum copticum</i>	Ajowan	Seed	7.8 mg
Patha	<i>Cycela peltata</i>	Velvet leaf	Root	7.8 mg
Pippalimula	<i>Piper longum-radix</i>	Long pepper	Root	7.8 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	7.8 mg
Tamalpatra	<i>Cinnamomum tamala</i>	Cassia leaf	Leaf	3.9 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	3.9 mg
Nagakeshara	<i>Mesua ferrea</i>	Cobra's saffron	Stamen	3.9 mg
Guda	—	Jaggery	—	1.66 gm

Actions & Indications

Bhallataka is very hot and sharp in attributes. It is the chief component and is potent *vata* alleviator. It is sweet and astringent in taste, sweet in post digestive effect and has unctuous attribute. *Bhallataka*, by itself, is a very versatile herb useful in umpteen diseases. Addition of *Triphala*, *Trikatu* and *Chaturjat* augments the actions and broadens its span. It is many a times allergic, to especially, individuals of *pitta* constitution. It should be used with caution in any type of constitution for its allergic manifestations. *Bhallatakavaleha* is indicated in piles, colitis,

anorexia, distaste, cough, asthma, tumours and ascites.

Caution : Sparingly use *Bhallatakavaleha* in *pitta* constitutions and discontinue its usage if allergic manifestations are observed.

Dosage

1-2 tsf; 3 times a day, with milk.

Reference

Gada Nigraha

BHARNGI AVALEHA

8

Ingredients

10 ml. *Bharngi avaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bharngi	Clerodendrum serratum	—	Root	200 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	200 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	70 mg
Maricha	Piper nigrum	Black pepper	Fruit	70 mg
Pippali	Piper longum	Long pepper	Fruit	70 mg
Sharkara	Sacchrum officinarum	Sugar	—	200 mg

Actions & Indications

Bharngi is the most valuable herb to treat respiratory diseases like bronchial asthma, bronchitis, tuberculosis, rhinitis. It has bitter, pungent and astringent tastes, pungent post digestive effect and hot potency. It alleviates *kapha* and *vata doshas*. It stokes *agni*, improves the appetite and digestion and also reduces the oedema.

Bharngi avaleha consists of *Yashtimadhu* and *Trikatu* in addition. *Yashtimadhu* relieves the phlegm and eases the cough. *Shunthi*, *Maricha* and *Pippali* (*Trikatu*) is a well known mixture for its *kapha* and *vata* alleviating property. As a whole, the formulation works well in fever of

kapha-vata type and alleviates the bronchospasms in asthma. It decimates the intensity and frequency of paroxysms of bronchial asthma.

As it boosts the *agni*, it is effective in anorexia, distaste, indigestion and tumours as well. Frequently it is used as a media of intake or vehicle (*anupana*) with other medicines.

Dosage

2-4 tsf; 3 times a day, with warm water or ghee and honey.

Reference

Bruhat Nighantu Ratnakara, *Shwasa*

BILVAVALEHA**9****Ingredients**

10 ml. *Bilvavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bilva	Aegle marmelos	Bael fruit	Fruit	1 gm
Sharkara	Sacchrum officinarum	Sugar	—	2 gm

Actions & Indications

Generally, the fruit used for medicinal purpose is supposed to be a ripened one. But *Bilva* fruit is an exception to this. In this preparation, *Bilva* fruit is used when it is raw, as it possesses an astringent property. On ripening, it becomes a mild laxative.

Bilva fruit when raw, stimulates the appetite, improves digestion, imparts anti-diarroheal action and is anthelmintic. Thus it is used in anorexia, diarrhoea, dysentery and colitis. It stimulates the *agni* and digests the *ama*, and because of its hot potency and astringent taste, it absorbs the water content of the faeces. Moreover, it alleviates *vata* thus relieves flatulence and abdominal pain.

Bilva has pungent, bitter and astringent tastes, pungent post digestive effect and hot potency. It alleviates *vata* and *kapha doshas*. As it is potent astringent, it effectively controls the bleeding in diarrhoea, dysentery and piles. *Bilvavaleha* is recommended in chronic colitis, diarrhoea, bleeding piles, dysentery and loss of appetite. Sometimes *Jatiphala*, *Jatipatri* and *Kunkuma* are added to potentiate the formulation.

Dosage

2-4 tsf; 3 times a day.

Reference

Proprietary

BRAHMI PRASHA

10

Ingredients

10 ml. *Brahmi prasha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Brahmi	Bacopa monnieri	Indian pennywort	Leaf	250 mg
Sharkara	Sacchrum officinarum	Sugar	—	150 mg

Actions & Indications

Brahmi, *Vacha* and *Shankhapushi* are three highly praised *medhya rasayanas* - revitalising herbs for the brain cells and the nerves, recommended in psychosomatic disorders due to *pitta*, *kapha* and *vata dosha*, respectively. *Medhya rasayanas* possess varying degrees of anxiolytic and adaptogenic effect and as such can be used as antistress agents and as remedies for treating mental diseases with anxiety and aggression. *Brahmi* is well known to reduce anxiety, promote adjustment, improve memory and induce healthy sleep.

Brahmi is bitter and astringent in taste, sweet in the post digestive effect and has cold potency. It has a special potency (*prabhava*) to alleviate epilepsy and hysteria. It alleviates *vata* and especially, *pitta dosha*. It is a rejuvenative, imparts longevity, memory and intelligence.

In today's hectic and competitive life, the mental stress and strain is commonly observed. The aggravation of *pitta dosha* along with tissue

depletion (*dhatukshaya*) causes high *tama* and *raja gunas*, and decimates *sattva guna* of mind. This leads to various mental ailments like memory loss, agitation, confusion, mental debility etc. *Brahmi* pacifies *pitta dosha* in *majjadhatu* (nervine tissue), nourishes the nerve tissue well and brings back the normalcy. It promotes and sharpens memory as well as intelligence. It induces healthy sleep, but is not sedative. It is one of the best panacea for epilepsy and mania. It also helps in mental retardation. It is one of the best calming and tranquilising herb. It also bestows its *rasayana* effects like longevity, prevents ageing, improves voice, imparts lustre and healthy life.

Dosage

1-2 tsf; 3 times a day, with water.

Reference

Proprietary

DADIMAVALEHA

11

Ingredients10 ml. *Dadimavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Dadima	<i>Punica granatum</i>	Pomegranate	Fruit	2 gm
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	1.5 gm
Ghrita	—	Ghee	—	500 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	20 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	20 mg
Pippalimula	<i>Piper longum-radix</i>	Long pepper root	Root	20 mg
Dhanyaka	<i>Coriandrum sativum</i>	Coriander	Fruit	20 mg
Ajamoda	<i>Carum copticum</i>	Ajowan	Seed	20 mg
Jatiphala	<i>Myristica fragrans</i>	Nutmeg	Seed	20 mg
Jatipatri	<i>Myristica fragrans</i>	Nutmeg-mace	Mace	20 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	20 mg
Jiraka	<i>Cuminum cyminum</i>	Cumin seeds	Seed	20 mg
Vamshalochana	<i>Bambusa arundinaceae</i>	Bamboo	Resin	20 mg
Bhanga	<i>Cannabis sativa</i>	Indian hemp	Seed	20 mg
Nimba	<i>Azadirachta indica</i>	Neem	Leaf	20 mg
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	20 mg
Kushtha	<i>Saussurea lappa</i>	Costus	Root	20 mg
Mocharasa	<i>Bombax malabaricum</i>	Silk cotton tree	Resin	20 mg
Ativisha	<i>Aconitum heterophyllum</i>	Atees	Root	20 mg
Patha	<i>Cyclea peltata</i>	Velvet leaf	Root	20 mg
Lavanga	<i>Syzygium aromaticum</i>	Clove	Flower	20 mg

Actions & Indications

Ashwinikumar has designed this formulation. *Dadima*, the chief component, is sweet, sour and astringent in taste, sweet in post digestive effect and has semi-hot potency. It alleviates *kapha* and *vata doshas*. It is a heart tonic, appetiser, anti-diarrhoeal, alleviates cough, anthelmintic and relieves fatigue. All other ingredients stoke *agni*, digest *ama* and relieve fever. *Mocharasa*, *Ativisha*, *Jiraka*, *Vamshalochana*, *Jatiphala* exert anti-

diarrhoeal action. *Dadimavaleha* is indicated in anorexia, diarrhoea with fever, gout, oedema, tuberculosis and abdominal pain due to *ama*.

Dosage

1-2 tsf; 3 times a day.

Reference

Yoga Ratnakara

DHATRI RASAYANA

12

Ingredients10 ml. *Dhatri rasayana* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	1.5 gm
Ela	Elettaria cardamomum	Cardamom	Fruit	15 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	15 mg
Aguru	Aquilara agallocha	Calambac	Bark	15 mg
Tagara	Valeriana wallichii	Indian valerian	Root	15 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	15 mg
Vamshalochana	Bambusa arundinaceae	Bamboo	Resin	15 mg
Kumkuma	Crocus sativum	Saffron	Stamen	15 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	15 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	15 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	15 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	15 mg
Sharkara	Sacchrum officinarum	Sugar	—	500 mg
Taruni	Rosa centifolia	Rose	Rose water	—

Actions & Indications

Dhatri denotes *Amalaki*, the chief component of this formulation. It is an outstanding well known rejuvenator. *Dhatri rasayana* is indicated in bronchial asthma. *Rasayana* property of *Amalaki* strengthens the lungs and also boosts immunity, as it is the rich source of vitamin C. Ingredients like *Tagara*, *Aguru* and *Jatamansi* work well to alleviate the mental stress. *Dhatri rasayana* is commonly used as a brain tonic, helpful for professionals like lawyers, doctors, teachers and managers to alleviate the mental stress and strain, and enables to work with better concentration.

Dhatri rasayana is salutary as a general tonic in convalescence. It works, both as a rejuvenative in general as well as *medhya rasayana*. Sometimes, *suvarna* and *roupya bhasmas* are added, in very small quantity, to potentiate the formulation.

Dosage

1-2 tsf; 2 times a day, with milk.

Reference

Proprietary

GORAKSHACHINCHAVALEHA

13

Ingredients

10 ml. *Gorakshachinchavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Gorakshi	<i>Adansonia digitata</i>	Boabab	Fruit	1 gm
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	500 mg

Actions & Indications

Gorakshachincha or *Gorakshi* is one of the most beneficial, but less commonly utilised plant for treating *amlapitta* (hyperacidity). It is sour and sweet in taste, sour in the post digestive effect and has cold potency. It alleviates *pitta dosha*. *Gorakshachinchavaleha* is recommended in hyperacidity, diarrhoea and dysentery. The fruit

pulp is an effective remedy for menorrhagia.

Dosage

1-2 tsf; 3 times a day, with water.

Reference

Proprietary

KANDARPA PAKA

14

Ingredients

10 ml. *Kandarpa paka* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Palandu	Allium cepa	Onion	Bulb	210 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	25 mg
Jatipatri	Myristica fragrans	Nutmeg	Mace	25 mg
Kumkuma	Crocus sativum	Saffron	Stamen	25 mg
Lavanga	Syzgium aromaticum	Clove	Flower	25 mg
Kapikacchu	Mucuna pruriens	Cowhage	Seed	40 mg
Tamrabhasma	Cuprum	Calx of copper	—	.01 mg
Dugdha	Lactus	Milk	—	15 mg
Sharkara	Sacchrum officinarum	Sugar	—	20 mg
Ghrita	—	Ghee	—	10 mg
Madhu	Mel	Honey	—	5 mg

Actions & Indications

Kandarpa i.e. *Palandu* (onion) is pungent and sweet in taste, sweet in the post digestive effect and has semi-hot potency. It alleviates *vata* and has mild diuretic activity. Because of its sharp and unctuous attributes, it relieves the phlegm and eases the cough. It is aphrodisiac, *balya* and *brimhana* i.e. adds to the tissues, relieves pains as it is *vata* alleviator and facilitates the faeces, urine and *vata* in their proper direction (*anulomana*).

Kandarpa paka consists the components like *Ela*, *Tvak*, *Kunkuma*, *Jatipatri* and *Tamra bhasma* which facilitate *vata dosha*, improve the peristalsis and open up the bowels, hence, are salutary in diseases like piles, hepatitis and in prolapse of

rectum. The onion is *guru*, *madhura* and *snigdha*, hence works well as an aphrodisiac and augments the strength in general. Ingredients like *Kapikacchu*, *Jatipatri* and *Kunkuma* add to its aphrodisiac action. Aromatic ingredients like *Lavanga*, *Tvak*, *Kunkuma* and *Jatipatri* mask the pungent odour of onion. The nutritive value is enhanced by ghee, sugar and honey.

Dosage

1-2 tsf; 2 times a day, with milk.

Reference

Proprietary

KANTAKARYAVALEHA

15

Ingredients

10 ml. *Kantakaryavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Kantakari	<i>Solanum xanthocarpum</i>	Nightshade	Root	1.5 gm
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	15 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	15 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	10 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	10 mg
Pippalimula	<i>Piper longum-radix</i>	Long pepper root	Root	10 mg
Mushtaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	10 mg
Dhanvayasa	<i>Fagonia arabica</i>	Camel thorn	Leaf	10 mg
Shathi	<i>Hedychium spicatum</i>	Long zedoary	Rhizome	10 mg
Pushkaramula	<i>Inula racemosa</i>	—	Root	10 mg
Tulasi	<i>Ocimum sanctum</i>	Holy basil	Leaf	10 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Stem	10 mg
Rasna	<i>Vanda roxburghii</i>	—	Root	10 mg
Karkatashruni	<i>Rhus succedania</i>	Chinese gall	Gall	10 mg
Vamshalochana	<i>Bambusa arundinaceae</i>	Bamboo	Resin	10 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	200 mg
Ghrita	—	Ghee	—	150 mg
Madhu	Mel	Honey	—	50 mg

Actions & Indications

Kantakari is adored by Vagbhata as a drug of choice for cough. It alleviates *vata* and *kapha doshas* because of its hot potency. It relieves the bronchospasm and alleviates cough, thus is salutary in asthma. Other components like *Pushkaramula*, *Tulasi*, *Karkatashruni* enhance the bronchodilating activity of *Kantakari*.

Kantakaryavaleha is highly recommended in bronchial asthma, pleurisy, dyspnoea, common cold and sore throat. In congestive cardiac failure,

it helps to reduce congestion in the lungs and also cough, dyspnoea and oedema, In hiccup, it works well. *Kantakaryavaleha* is extremely beneficial for cough in children.

Dosage

2-3 tsf; 3 times a day, with warm water.

Reference

Yoga Ratnakara

KUTAJAVALEHA

16

Ingredients

10 ml. *Kutajavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sharkara	Sacchrum officinarum	Sugar	—	1.5 gm
Kutaja	Holarrhena antidysenterica	Kurchi	Bark	500 mg
Indrayava	Holarrhena antidysenterica	Kurchi-seed	Seed	2 gm
Guduchi	Tinospora cordifolia	Tinospora	Stem	500 mg

Actions & Indications

Kutaja is one of the most commonly used herbs in diarrhoea, associated with fever. The skin of the bark and seeds (*Indrayava*) of *Kutaja* are used for this purpose. *Kutaja* is pungent, bitter and astringent in taste, pungent in the post digestive effect and has a cold potency. It alleviates *kapha* and *pitta doshas*. Whereas, *Indrayava*, the seeds, are bitter and pungent in taste, pungent in the post digestive effect and has a hot potency. It alleviates all the three *doshas*. *Kutaja* bark skin is useful in diarrhoea, bleeding piles, *raktapitta*, *ama*, skin diseases and excessive thirst. *Indrayava* is salutary in worms, abdominal pain, bleeding piles, and diarrhoea. *Kutajavaleha* contains both these components and in addition, it contains *Guduchi*, which is a rejuvenative, reduces fever and useful as a general tonic in debility due to chronic diseases like colitis, diarrhoea and piles.

Kutaja augments *agni*, digests *ama* and works well as a potent anti-diarrhoeal agent. Its dry, cold

and astringent attributes enhance the intestinal resorption, decimate the peristalsis and exert a potent antidiarrhoeal activity. It also promptly arrests the bleeding, thus useful in bleeding piles. Charaka has mentioned its anti-haemorrhoidal property and Vagbhata has also endorsed it as the best anti-diarrhoeal.

Kutajavaleha is recommended in diarrhoea, dysentery, bleeding piles, skin diseases like erysipelas. As it stokes *agni* and digests *ama*, it immensely helps to curb the pathogenesis of these diseases. Moreover, it promotes the healing of intestinal ulcers in chronic colitis.

Dosage

2-3 tsf; 3 times a day, with water.

Reference

Yoga Ratnakara, *Atisar*

LASHUNA PAKA

17

Ingredients10 ml. *Lashuna paka* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Rasona	Allium sativum	Garlic	Bulbil	110 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	10 mg
Maricha	Piper nigrum	Black pepper	Fruit	10 mg
Pippali	Piper longum	Long pepper	Fruit	10 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	10 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	10 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	10 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	10 mg
Pippalimula	Piper longum-radix	Long pepper root	Root	10 mg
Chavya	Piper chaba	Java long pepper	Fruit	10 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	10 mg
Vidanga	Embelia ribes	Bidanga	Fruit	10 mg
Haridra	Curcuma longa	Turmeric	Rhizome	10 mg
Daruharidra	Berberis aristata	Barberry	Rhizome	10 mg
Hapusha	Juniperus communis	Common juniper	Fruit	10 mg
Vruddhadaru	Argyria speciosa	Elephant creeper	Stem	10 mg
Pushkaramula	Inula racemosa	—	Root	10 mg
Ajamoda	Carcum copticum	Ajowan	Seed	10 mg
Lavanga	Syzygium aromaticum	Clove	Flower	10 mg
Devadaru	Cidrus deodara	Deodara	Bark	10 mg
Punarnava	Boerhaavia diffusa	Hogweed	Root	10 mg
Gokshura	Tribulus terrestris	Small caltrops	Root	10 mg
Nimba	Azadirachta indica	Neem	Bark	10 mg
Rasna	Vanda roxburghii	—	Root	10 mg
Shatavari	Asparagus racemosus	—	Rhizome	10 mg
Karchura	Curcuma zedoaria	Zedoary	Rhizome	10 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	10 mg
Kapikacchu	Mucuna pruriens	Cowhage	Seed	10 mg
Dugdha	Lactus	Milk	—	25 mg
Sharkara	Sacchrum offcinarum	Sugar	—	30 mg
Madhu	Mel	Honey	—	10 mg
Ghrita	—	Ghee	—	10 mg

Actions & Indications

'*Lashuna paka*' is known as '*Rasona paka*' in Sanskrit. The bulbils of *Rasona* are first cooked in the milk and then sugar, ghee and honey are added to prepare the *paka*. Then all ingredients are mixed and *Lashuna paka* is ready. It is useful in the diseases caused by *vata* and *kapha doshas*. Vagbhata has praised *Rasona* as a drug of choice in *vata* diseases.

Rasona (garlic) has five tastes except sour, out of which, it is predominant in pungent and sweet ones. It is pungent in the post digestive effect and has hot potency. It possesses sharp, heavy, unctuous, laxative and slimy attributes. It alleviates *kapha* and *vata doshas* but vitiates *pitta dosha* and blood.

It is highly recommended in diseases of the gastrointestinal system (*mahasrotasa*) associated with anorexia. As it is hot and sharp, it stokes *agni* and improves digestion. It also eliminates flatulence and abdominal pain, stimulates the liver and exerts anthelmintic action. *Shunthi*, *Ajamoda*, *Chitraka*, *Pippali*, and *Vidanga* help to enhance these activities of *Rasona*.

Lashuna paka is extremely beneficial in respiratory diseases, as it effectively alleviates

kapha dosha and mitigates the phlegm. Ingredients like *Shunthi*, *Pippali*, *Maricha*, *Punarnava*, *Pushkaramula* help to boost the therapeutic effects of *Rasona*. Hence, it is benevolent in bronchial asthma, influenza, pleurisy with effusion and pneumonia of *kapha-vata* types.

As *Lashuna paka* consists of *Guduchi*, *Devadaru*, *Shunthi*, *Ashwagandha* like herbs, it effectively curbs pains in *vata* diseases like arthritis, sciatica, brachial neuralgia, gout and is useful in paralysis, facial palsy, spondylitis etc. It is also indicated in dyspepsia, hiccup and diseases of spleen, It alleviates the *vataja* and *kaphaja* diseases and helps to improve the *agni* and imparts the tonic effects. *Rasona* itself is a *rasayana*.

Caution : Sparingly use *Lashuna paka* in *pitta* constitutions.

Dosage

1-2 tsf; 3 times a day, with warm water.

Reference

Bruhat Nighantu Ratnakara, *Vata vyadhi*

PUGI PAKA

18

Ingredients

10 mg. *Pugi paka* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Puga	Areca catechu	Betel nut	Fruit	260 mg
Chandana	Santalum album	Sandalwood	Heartwood	15 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	15 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	15 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	15 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	15 mg
Pippali	Piper longum	Long pepper	Fruit	15 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	15 mg
Shatavari	Asparagus racemosus	—	Rhizome	200 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	15 mg
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	200 mg
Vamshalochana	Bambusa arundinaceae	Bamboo	Resin	115 mg
Jiraka	Cuminum cyminum	Cumin seed	Seed	15 mg
Mrudvika	Vitis vinifera	Black raisin	Raisin	15 mg
Dhanyaka	Coriandrum sativum	Coriander	Fruit	15 mg
Shrungataka	Trapa bispinosa	Water caltrop	Fruit	15 mg
Dugdha	Lactus	Milk	—	30 mg
Ghrita	—	Ghee	—	15 mg
Sharkara	Saccharum officinarum	Sugar	—	30 mg

Actions & Indications

Puga (betel nut) is astringent in taste, pungent in post digestive effect and has cold potency. It is dry and heavy in attributes and alleviates *kapha* and *pitta doshas*. It is useful in leucorrhoea, intestinal worm infestations, distaste, anorexia and diabetes as an adjunct. *Shatavari* and *Amalaki* adds to the tonic action and helps in debility.

Pugi paka is indicated in leucorrhoea, anorexia, diabetes mellitus and insipidus (as it eliminates

the *kleda*), chronic dysentery and menorrhagia (*Nagakeshara* arrests bleeding).

Dosage

1-2 tsf; 3 times a day, with milk.

Reference

Yoga Tarangini

SHANKHAPUSHPI AVALEHA

19

Ingredients

10 ml. *Shankhapushpi avaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shankhapushpi	<i>Evolvulus alsinoides</i>	—	Whole plant	2.5 mg
Kushmanda	<i>Benincasa hispida</i>	White pumpkin	Fruit	75 mg
Vacha	<i>Acorus calamus</i>	Sweetflag	Rhizome	75 mg
Brahmi	<i>Bacopa monnieri</i>	Indian pennywort	Leaf	75 mg
Kushtha	<i>Saussurea lappa</i>	Costus	Rhizome	75 mg
Sharkara	<i>Sacchrum officinarum</i>	Sugar	—	1.5 mg

Actions & Indications

Sushruta has mentioned various properties of *Shankhapushpi* as *medhya* - nervine, *rasayani*-rejuvenative, *svarya*-beneficial for voice, *vrushya* - aphrodisiac, *smruti-kanti-bala-agnida* meaning bestows memory, complexion, energy and appetite, respectively. *Shankhapushpi* is astringent, pungent and bitter in taste, sweet in the post digestive effect and has hot potency. It alleviates all the three *doshas*, predominantly *vata* and *pitta*. It possesses a special potency (*prabhava*) to alleviate psychosomatic disorders. It is the best *medhya rasayana*, promoting the mental faculties like *dhi* (intelligence) *dhruti* (retention) and *smruti* (memory).

Amongst the three main herbal brain tonics-*Brahmi*, *Vacha* and *Shankhapushpi*, Maharshi Charaka acclaims that *Shankhapushpi* is the best of three. One should note, when used singly,

Shankhapushpi should be used for *vata*, *Brahmi* for *pitta* and *Vacha* for *kapha* types of psychosomatic disorders. In addition to these three herbs, *Kushtha* and *Kushmanda* are also *medhya rasayanas*.

Shankhapushpi avaleha is highly recommended in epilepsy, hysteria, mental retardation, mania, insomnia, anxiety, neurosis, mental fatigue, memory loss, senile dementia and mental agitation. *Medhya* effect is beneficial to promote intelligence, memory, mental stability, tranquility of mind and also to induce a healthy sleep.

Dosage

2-4 tsf; 3 times a day, with ghee or water.

Reference

Proprietary

UDUMBARAVALEHA

20

Ingredients

10 ml. *Udumbaravaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Udumbara	<i>Ficus glomerata</i>	Cluster fig	Leaf	1.75 gm
Taruni	<i>Rosa centifolia</i>	Rose	Petal	65 mg
Sariva	<i>Hemidesmus indicus</i>	Sarsaparilla	Root	65 mg
Madayantika	<i>Lawsonia inermis</i>	Henna	Leaf	65 mg
Sharkara	<i>Saccharum officinarum</i>	Sugar	—	1 gm

Actions & Indications

Udumbaravaleha contains all the ingredients of cold potency, hence, it becomes extremely salutary in burning sensation of the body, skin, hands and feet, eyes due to aggravation of *pitta dohsa*. *Udumbara* and *Madayantika* being potent astringents, help to arrest the haemorrhages in *raktapitta*. It also decimates bleeding in tuberculosis (haemoptysis) and the uterine bleeding in menorrhagia. Ingredients like *Sariva* curbs leucorrhoea, alleviate burning sensation and itching in various dermatoses. *Udumbara* alleviates diarrhoea, promotes wound healing and is beneficial in vaginal diseases.

Udumbaravaleha is indicated in urinary ailments like dysuria, burning micturition, oliguria as it consists of herbs like *Madayantika*, *Udumbara* and *Sariva* which exert a mild diuretic action. This

preparation is helpful in sexual debility and syphilis also. *Taruni* is cooling and imparts a mild laxative action which helps to pacify *pitta dosha*.

As a whole, *Udumbaravaleha* is highly useful in aggravated conditions of *pitta dosha* causing burning sensation, in leucorrhoea, dysuria, skin afflictions associated with itching, bleeding disorders and sexual debility. It is benevolent as an appetiser and a general tonic as well.

Dosage

2-3 tsf; 3 times a day, with water.

Reference

Proprietary

Ingredients

10 ml. *Vasavaleha* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vasa	Adhatoda vasica	Malabar nut	Leaf	2.25 gm
Pippali	Piper longum	Long pepper	Fruit	125 mg
Sharkara	Sacchrum officinarum	Sugar	—	125 mg
Ghrita	—	Ghee	—	50 mg
Madhu	Mel	Honey	—	125 mg

Actions & Indications

Vasa is an outstanding herb useful to alleviate cough and bleeding. There is an ancient Sanskrit saying, "When *Vasa* is around and there is still a hope for life, why should a patient with tuberculosis, asthma or a bleeding diathesis be in despair and suffer?" Vagbhata has endorsed it as the drug of choice in the treatment of *raktapitta* i.e. bleeding diathesis.

Vasa has bitter and astringent taste, pungent post digestive effect and cold potency. It alleviates *kapha* and *pitta doshas*. It is beneficial for the treatment of cough, bronchial asthma, haemorrhagic disorders, fever and hepatitis. Moreover, addition of *Pippali* augments the benefits of *Vasa*, as it is a rejuvenative to respiratory system. It also alleviates *kapha dohsa*, cough and fever.

Vasavaleha is highly recommended in cough with

blocked phlegm, bronchospasm, haemoptysis i.e. especially, in tuberculosis with cavitation and bronchial asthma. *Vasavaleha* is a divine formulation to decimate haemorrhages in *raktapitta*, especially through sputum (haemoptysis) and from the gut (haematemesis). *Vasavaleha* is extremely benevolent in bronchial asthma as it is a bronchodilator, thus, relieves the bronchospasms, facilitates the expectoration of blocked phlegm and eases the cough. It reduces the frequency and intensity of bronchospasms in asthma. It is also indicated in pleurisy and chest pain.

Dosage

1-2 tsf; 3 times a day, with milk.

Reference

Bhaishajya Ratnavali, *Kasa*

TAILA – OIL

Plain single-herb oils or medicated oils are often used by Indians traditionally for the care as well as cure. Generally sesame oil (*tila taila*) is used, in preparing oils, unless otherwise specified. Commonly these oils are used for head and body massage for infants, children and in old age. As a therapeutic agent, Ayurveda recommends oil preparations for wound-healing, for *snehana* i.e. massage, as a pre-operative in *Panchakarma* therapy, in oil enema (*basti*), vaginal douches, for nasal administration (*nasya*) and as instillation into ears (*karna purana*). Few of them may be taken orally e.g. *Kshira bala taila*, *Narayana taila*.

To prepare the medicated oil, take one part of herbs and cook them with four parts of oil and sixteen parts of water, over a low flame until all water part gets evaporated. Another procedure is to first prepare the decoction of herbs and cook it with oil, in the same proportion mentioned before. These oils are also used for bathing the head in oils (*shiro-dhara*, *shiro-basti*) and for the massage of swollen, painful joints etc.

In preparing medicated oils, the water part should get completely evaporated, otherwise the preparation becomes less durable. Single-herb oils are extracted from the plant part, are available in commercial market. Ayurveda recommends *taila* for *vata*, *ghrita* for *pitta* and *madhu* i.e. honey for *kapha* diseases, as a basic substance to treat with. Various oils of different herbs have different properties.

EKARI TAILA
SINGLE-HERB OIL

BALA TAILA**1****Ingredients**

10 ml. *Bala taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bala	<i>Sida cordifolia</i>	Country mallow	Root	5 gm
Tila taila	<i>Sesamum indicum</i>	Sesame oil	Seed	As a base

Actions & Indications

The Sanskrit word '*Bala*' itself denotes one which bestows the strength. It is rejuvenative for all kinds of *vata* disorders. *Bala* is sweet in taste and post digestive effect and has a cold potency. It alleviates *vata* and *pitta doshas*. It possesses heavy, slimy and unctuous attributes.

Bala taila is used externally for massage in *vata* diseases like paralysis and muscle wasting diseases, as it boosts the muscle tissue. It is also beneficial to instill into nose (*nasya*), ears (*Karna purana*) and on head (*shira purana*). It is used for

basti (medicated enema), one of the procedure in *Panchakarma* to alleviate *vata dohsa*.

Dosage

1-2 tsf; 2 times a day, orally, with milk.

2-2 drops; for nasal administration.

For external massage; sufficient quantity as per requirement.

Reference

Gada Nigraha

BHALLATAKA TAILA

2

Ingredients

10 ml. *Bhallataka taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bhallataka	<i>Semecarpus anacardium</i>	Marking nut	Fruit	5 gm
Tila taila	<i>Sesamum indicum</i>	Sesame oil	Seed	Base

Actions & Indications

Some individuals are allergic to this oil. It is hot, sharp and unctuous and is a potent *vata* alleviator. It is used to alleviate pains in sciatica, brachial neuralgia, arthritis, backache etc. for massage. Orally it is useful in asthma and non-bleeding piles. It is one of the best rejuvenative.

Caution : Should be avoided in persons allergic to this oil.

Dosage

Sufficient quantity as per requirement, for massage.

5-10 drops; 3 times a day, orally, with milk.

Reference

Bharata Bhaishajya Ratnakara

BHRUNGARAJ TAILA**3****Ingredients**

10 ml. *Bhrungaraj taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bhrungaraj	Eclipta alba	—	Whole plant	5 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

The Sanskrit word '*Bhrungaraj*' literally means that which bestows hair the splendid colour like that of a humming bee. It has a cold potency and alleviates *kapha* and *vata doshas*.

Bhrungaraj taila prevents the hairfall, premature greying and promotes the hair growth. It is the most common ingredient incorporated in num-

erous market preparations of various hair oils.

Dosage

Sufficient quantity as per requirement; for massage

Reference

Sharngadhar Samhita

BILVA TAILA**4****Ingredients**

10 ml. *Bilva taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bilva	Aegle marmelos	Bael fruit	Fruit	5 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Bilva taila is highly esteemed as a remedy for diseases of the ear. It has a hot potency and alleviates *vata dosha*. The oil is instilled into ears in deafness, for long duration. It also decimates the tinnitus and pain in otitis. It is useful in diseases of the ear of *kapha* and *vata* types.

Dosage

5-10 drops; 2 times a day, as ear drops.

Reference

Bhaishajya Ratnavali

BRAHMI TAILA**5****Ingredients**

10 ml. *Brahmi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Brahmi	Bacopa monnieri	Indian pennywort	Leaf	5 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Brahmi, a well known *medhya rasayana*, is used orally by itself or in various formulations. Externally, it works well to promote the hair growth (*keshya*). It is extremely cooling, prevents the hair fall and promotes hair growth. External massage of scalp with *Brahmi taila* induces a healthy sleep, in a way, it alleviates the mental stress and falling of hair, common in the individuals of *pitta* constitution. *Brahmi taila* is

useful to them as it alleviates *pitta dosha* and imparts a cooling effect.

Dosage

Sufficient quantity; required for scalp massage.

Reference

Vangasena Samhita

ERANDA TAILA**6****Ingredients**

10 ml. *Eranda taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Eranda	Ricinus communis	Castor-oil plant	Seed	5 gm

Actions & Indications

Eranda taila or *sneha* is the choicest remedy for *amavata*. *Eranda taila* (castor oil) is used for oral administration as it exerts a laxative action and alleviates *vata dosha*. Castor oil, by itself, has an unpleasant odour and taste, hence is given along with bread (*bhakari* or *chappati*). It also works well in sciatica, paralysis, ascites and jaundice. It is used in worm infestations to expel the worms, along with anthelmintics. Externally, it is useful in redness of eyes with burning sensation and

conjunctivitis. The massage to feet alleviates the burning sensation also.

Dosage

Sufficient quantity; required for foot massage.
1-2 tsf; 3 times a day, for *vata* diseases.
15-30 ml; at bed, for laxation.

Reference

Brihat Nighantu Ratnakara

JAPAKUSUM TAILA**7****Ingredients**

10 ml. *Japakusum taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Japa	Hibiscus rosa-sinensis	Chinese rose	Flower	5 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Japa is one of the popular herbs to promote the hair growth, like *Brahmi* and *Bhrungaraj*. It is also commonly incorporated in hair oil preparations. In China, a dye is prepared from the petals of *Japa* to colour the hair black. *Japa* is beneficial in alopecia areata, for which the juice of its flowers is used. *Japa* is cooling and pacifies the *pitta dosha*.

Japakusum (*Kusum*-flower) *taila* is prepared from the petals of *Japa*, with sesame oil as a base. It is beneficial to promote the hair growth, prevent

hairfall, dandruff and the massage to scalp induces a healthy sleep and relieves the burning sensation of the eyes, soles and palms and alleviates heaviness of the head.

Dosage

Sufficient quantity; required for massage.

Reference

Nighantu Ratnakara

NARIKELA TAILA**8****Ingredients**

10 ml. *Narikela taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Narikela	Cocus nucifera	Coconut palm	Fruit	5 gm

Actions & Indications

Narikela is extremely cooling and has a special potency (*prabhava*) as a hair growth promoting herb (*kehsya*). It alleviates *vata* and *pitta dohsas*, especially, it is the choicest herb to alleviate *pitta dosha*. *Narikela taila* promotes the hair growth and makes them lustrous. It is also effective in skin diseases and promotes the wound healing. Its shell oil is salutary in eczema and acne. The whole body massage with *Narikela taila* improves

the complexion and skin becomes healthy and soft.

Dosage

Sufficient quantity; required for massage.

Reference

Brihat Nighantu Ratnakara

NIRGUNDI TAILA**9****Ingredients**

10 ml. *Nirgundi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Nirgundi	Vitex negundo	Five leaved chaste	Leaf	4 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Nirgundi is hot in potency and alleviates *kapha* and *vata doshas*. *Nirgundi taila* prepared from the juice of its leaves and sometimes roots, with *Tila taila* as a base has various medicinal properties. It is very useful for dressing the wounds and sinuses. It cleanses the wounds by mitigating the *kleda* and promotes their healing. It is beneficial in infected wounds, impetigo and scabies. The oil is also used as a bathing oil for rubbing on the head and in cervical lymphadenitis.

Nirgundi taila is salutary in premature greying of

hair and scalp infestations like pediculosis and lice. It is also beneficial for massage in *vata* diseases, sprains and alleviates pains. It promotes the hair growth and also used as *nasya* (nasal administration) in headache.

Dosage

Sufficient quantity; required for massage.
2-2 drops; in nostrils at bed, for *nasya*.

Reference

Bhaishajya Ratnavali, *Nadivra*

PARIBHADRA TAILA

10

Ingredients

10 ml. *Paribhadra taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Nimba	Azadirachta indica	Margosa tree	Leaf	5 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Paribhadra is a synonym of *Nimba*. It is the most bitter, cooling and alleviating burning sensation and *pitta dosha*. It is extremely beneficial in septic wounds, as it contains sulphur. It cleanses the wounds, promotes their healing and alleviates itching and burning.

Dosage

Sufficient quantity; required for wound dressing. 1-2 tsf; 3 times a day, orally, in dermatoses, with warm water.

Reference

Vangasena Samhita

SAHACHARA TAILA

11

Ingredients

10 ml. *Sahachara taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sahachara	Barleria prionitis	—	Leaf	4 mg
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Sahachara is also commonly known as *Saiyeraka*. It is hot in potency and alleviates *kapha* and *vata* doshas. *Sahachara taila* is beneficial for wound dressing to alleviate the itching and swelling. It cleanses the wounds and promotes the healing. The application of *taila*, with little gentle massage, on gums and teeth alleviates the dental ache and

strengthens the gums. It is salutary for dyeing the hair and promotes the hair growth (*keshya*) also.

Dosage

Sufficient quantity; required for the purpose.

Reference

Bhavaprakasha Nighantu

SARSHAPA TAILA**12****Ingredients**

10 ml. *Sarshapa taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sarshapa	Brassica campestris	White mustard	Seed	2 gm

Actions & Indications

There are two varieties of mustard viz. white-mentioned above in the table and the other black-*Rajika* (*Brassica juncea*). The white variety *Sarshapa* is called as 'Sarsu' in Hindi. It is a potent pain killer, hence, used for massage in backache and joint pains. It is the oil of choice for massage in backache and joint pains. It is the oil of choice for massage in *kapha* constitution. As it is hot, sharp and alleviates *kapha* and *vata doshas*, individuals of *kapha* constitution should get a daily

massage with *Sarshapa taila*, as it alleviates *kapha dosha* and reduces the subcutaneous fats. It also strengthens the body. *Sarshapa taila* with a little salt is an effective gargle in pyorrhoea.

Dosage

Sufficient quantity; required for the purpose.

Reference

Bhavaprakasha Nighantu

Ingredients

10 mg. *Tila taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Tila	Sesamum indicum	Sesame	Seed	5 gm

Actions & Indications

Since ancient times *Tila* enjoys the cardinal place amongst medicinal herbs in India. It was kept in high esteem by all the ancient scholars of Ayurveda. Charaka has mentioned that it promotes longevity and preserves youth, it strengthens the body and boosts up the resistance (Charaka Samhita, Sutra, A-27/88). Sushruta has adored *Tila taila* (sesame oil) as one of the best among all herbal oils and described it as bulk promoting (*brimhana*), subtle (*sukshma*), endows satiety (*prinana*), aphrodisiac (*vrushya*), enhances retention power (*medhya*), skin tonic (*twakprasadana*). (Sushruta Samhita, Sutra, A-45/112). Indeed *tila* is a divine herb.

Tila is pungent, bitter, astringent and sweet in taste, pungent in the post digestive effect and has hot potency. It alleviates all the three *doshas*, predominantly *vata*. It has a special potency (*prabhava*) as a hair tonic (*keshya*). The chief properties of *Tila* are a hair tonic and is used in

skin diseases, wounds, anorexia and dental diseases.

It is used in umpteen diseases, externally as well as internally. It is the best rejuvenative, as it works well on all *dhatu*s. It is a good healer (*mamsa dhatu*), a nervine (*majja dhatu*), anabolic (*meda dhatu*), strengthens the teeth and heal up the fractures (*asthi dhatu*), useful in bleeding piles (*rakta dhatu*) and an aphrodisiac (*shukra dhatu*).

Tila taila is widely used as a base in innumerable oil preparations and also in *Panchakarmas* like oleation (*snehana*), enema (*basti*), nasal drops (*nasya*) etc.

Dosage

10-20 ml; 3 times a day, for oral administration.

Sufficient quantity; required for massage.

2-4 drops; for nasal administration.

Reference

Bhavaprakasha Nighantu

VACHA TAILA

14

Ingredients

10 mg. *Vacha taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vacha	Acorus calamus	Sweet flag	Rhizome	5 gm
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Vacha is bitter and pungent in taste, pungent in the post digestive effect and has a hot potency. It has a special potency (*prabhava*) as a nervine tonic (*medhya*). It possesses dry, light and sharp attributes. It alleviates *kapha* and *vata dohsas*.

Vacha taila is used for nasal administration (*nasya*) in diseases of *kapha dosha* like rhinitis and sinusitis. It relieves the heaviness and headache in these conditions. The *nasya* is also beneficial

in epilepsy and hysteria to regain the consciousness.

Dosage

2-3 drops; 2 times a day, for nasal administration.

Reference

Bhavaprakasha Nighantu

SIDDHA TAILA
MEDICATED OILS

ANU TAILA

1

Ingredients10 mg *Anu taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Jivanti	Leptadenia reticulata	—	Root	316 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	316 mg
Tvak	Cinnamomum zeylanicum	Cinamon bark	Bark	316 mg
Anantamula	Hemidesmus indicus	Indian sarasaparilla	Root	316 mg
Daruharidra	Berberis aristata	Indian berberry	Rhizome	316 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Rhizome	316 mg
Aguru	Aquillaria agallocha	Eaglewood	Wood	316 mg
Kamal	Nymphaea alba	Lotus	Flower	316 mg
Nilotpal	Nymphaea stellata	Indian blue water lily	Flower	316 mg
Bruhati	Solanum indicum	Indian night shade	Root	316 mg
Shaliparni	Desmodium gangeticum	Unifoliolate tick trefoil	Root	316 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	316 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	316 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	316 mg
Ushira	Vetivaria zizanioides	Cuscut grass	Root	316 mg
Laghu mustaka	Cyperus rotundus	Nutgrass	Rhizome	316 mg
Balaka	Pavonia odorata	—	Root	316 mg
Chandana	Santalum album	Sandalwood	Heartwood	316 mg
Talispatra	Taxus buccata	Himalayan silver fir	Leaf	316 mg
Haritaki	Terminalia chebula,	Chebulic myrobalan	Fruits	316 mg
Bibhitaka	Terminalia belerica,	Beleric myrobalan	Fruits	
Amalaki	Embelia officinalis	Emblic myrobalan	Fruits	
Bilva	Aegle marmelos	Bael	Fruit	316 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	316 mg
Rasna	Vanda roxburghii	—	Root	316 mg
Prushniparni	Uraria picta	Sweet smelling harefoot	Root	316 mg
Tamalpatra	Cinnamomum tamala	Cassia leaf	Leaf	316 mg
Renuka	Vitex agnus – castus	—	Seed	316 mg
Padmakeshara	Netumbium speciosum	Lotus stamens	Stamen	316 mg
Dugdha	Lactus	Milk	—	—
Tila taila	Sesamum indicum	Sesame oil	See oil	Base

Actions & Indications

Anu taila literally means, one which penetrates through the subtle channels. It is used for nasal administration (*nasya*). Majority of the ingredients in this preparation are cooling and thus pacify the *pitta dohsa*. Thus *Anu taila* is mainly used in *pitta* diseases. The common ailments like rhinitis, sinusitis and migraine respond well to this preparation.

Ingredients like *Mushtaka*, *Kamal*, *Anantmula*, *Chandana*, *Nagakeshara* and *Daruharidra* are predominantly astringent and hence they help to arrest the bleeding through nose (epistaxis). It also

soothens the nasal mucosa and decimates the dryness and itching. The intense headache in migraine is deduced with *Anu taila nasya* and its frequency and duration is also reduced effectively. *Anu taila* is a good preventive measure for allergic rhinitis, sinusitis and migraine.

Dosage

2-3 drops; in each nostril 2 times a day.

Reference

Ashtanga Hridaya

CHANDANABALALAKSHADI TAILA

2

Ingredients

10 mg *Chandanabalalakshadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chandana	Santalum album	White Sandalwood	Heartwood	985 mg
Bala	Sida cordifolia	Country mallow	Root	985 mg
Laksha	Laccifer lacca	Lac	Secretion	985 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Rhizome	22 mg
Ketaki	Pandanus odorattissimum	Fragrant screw pine	Leaf	22 mg
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	22 mg
Ela	Elettaria cardamomum	Lesser cardamom	Fruit	22 mg
Mishreya	Foeniculum vulgare	Fennel	Fruit	22 mg
Ushira	Vetiveria zizanioides	Cuscut grass	Root	22 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	22 mg
Koshtha	Alpinea galanga	Greater galangal	Rhizome	22 mg
Aguru	Aquilaria agallocha	Eaglewood	Bark	22 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	22 mg
Champaka	Michelia champaka	Golden champa	Flower	22 mg
Tila taila	Sesumum indicum	Sesame oil	Seed	Base

Actions & Indications

Chandana, *Bala* and *Laksha* are the cardinal components of this formulation, hence the name. Like *Bala taila*, it is *balya* i.e. it strengthens the body by augmentation of skeletal muscle tone. It is extremely beneficial for external massage, to tone up and promote the bulk of the muscles in muscular debility in children due to malnutrition and muscle wasting in diseases like poliomyelitis. In convalescence, muscle wasting and general debility in children, the massage with this *taila* is given before bath, daily. It is useful in old individuals also.

Ingredients like *Chandana*, *Ushira*, *Yashtimadhu* are cooling and thus alleviate *pitta dosha*. Their

astringent property and cold potency augment the muscle tone. Hence, it is commonly used for massage in children traditionally. It is also used to massage the fontenelli in infants and as an ear drops as well. The astringent and cooling property also is beneficial to arrest the haemorrhages. Thus it is also used for oral administration in bleeding piles and dysentery. The aromatic herbs like *Chandana*, *Ushira*, *Ketaki*, *Champaka* and *Anantamula* help to alleviate *vaia dosha* and decimate the pain in abdomen. *Chandana*, *Laksha* and *Nagakeshara* are the potent haemostatic herbs and *Ela*, *Mishreya* stoke the *agni* well and thus, the pathogenesis of piles is reverted.

Dosage

1-2 tsf; 3 times a day, for oral administration.

50 ml; at a time for *basti*.

Sufficient quantity; required for external

massage.

Reference

Yoga Ratnakara

CHANDANADI TAILA

3

Ingredients10 ml. *Chandanadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chandana	<i>Santalum alba</i>	Sandalwood	Heartwood	78 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Rhizome	78 mg
Kushtha	<i>Saussurea lappa</i>	Costus	Rhizome	78 mg
Ushira	<i>Vetiveria zizanioides</i>	Cuscut grass	Root	78 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	78 mg
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	78 mg
Kamal	<i>Nymphaea alba</i>	Lotus	Flower	78 mg
Jatamansi	<i>Nardostachys jatamansi</i>	Spikenard	Root	78 mg
Laksha	<i>Laccifer lacca</i>	Lac	Secretion	78 mg
Haridra	<i>Curcuma longa</i>	Turmeric	Rhizome	78 mg
Daruharidra	<i>Berberis aristata</i>	Barberry	Stem	78 mg
Sariva	<i>Hemidesmus indicus</i>	Sarsaparilla	Root	78 mg
Kumkuma	<i>Crocus sativum</i>	Saffron	Stamen	78 mg
Lavanga	<i>Syzygium aromaticum</i>	Clove	Flower	78 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	78 mg
Mushtaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	78 mg
Kankola	<i>Piper cubeba</i>	Cubeb	Fruit	78 mg
Tila	<i>Sesamum indicum</i>	Sesame oil	Seed oil	Base

Actions & Indications

Chandanadi taila contains most of the ingredients alleviating *pitta dosha* and is helpful to curb the burning sensation in the body, eyes, skin and feet due to sharp and hot attributes of aggravated *pitta dosha*. It is used externally as well as for oral administration.

Raktapitta i.e. bleeding diathesis causes bleeding from various sites like nose, sputum, gastro-intestinal tract etc. wherein this formulation works well when consumed orally. In females, the bleeding through genitourinary tract is treated by giving douche (*uttara basti*) with this oil. Urinary

ailments like burning micturition, haematuria, dysuria respond well to this preparation, as it contains herbs like *Kamal*, *Ushira*, *Sariva*, *Mushtaka* and *Chandana* which are diuretic.

Dosage

5-10 drops; in each nostril for *nasya*.
1-2 tsf; 3 times a day, for oral administration.

Reference

Proprietary

CHUKRA TAILA

4

Ingredients

10 ml. *Chukra taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Chukra	Rumex vesicarius	Bladder dock	Leaf	2.5 gm
Kushtha	Alpinea galanga	Greater galangal	Rhizome	1250 gm
Saindhava	Sodium chloride impura	Rock salt	—	625 mg
Pippali	Piper longum	Long pepper	Fruit	625 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	625 mg
Sarshapa tail	Brassica compestris	Mustard oil	Seed	Base

Actions & Indications

In India, *Chukra* is used as a common edible vegetable. It is sour in the taste and post digestive effect and has hot potency. It alleviates *kapha* and *vata doshas*. It is an appetiser and digestant. It alleviates the flatulence, tumours of *vataja* type and worms. It is the choicest remedy for prolapse of the rectum.

In partial prolapse of the rectum the mucous membrane and submucosa of the rectum protrude outside the anus not more than 1-3 cm. The occurrence is common in extremes of life-in children between one and three years of age, and in elderly people. Usually, it is treated by digital reposition or if it fails, by submucous injection of 5% phenol in almond oil.

Chukra taila is commonly used by Ayurvedic surgeons to treat the prolapse of rectum in children as well as in elderly people. In partial prolapse and even in complete prolapse (procidentia), the *Chukra taila* is first applied to

the prolapsed part and then is reposed digitally. It relieves the pains and also tones up the sphincters commonly after reposition, the cotton swab dipped in *Chukra taila (pichu)* is kept and the dressing is done with the bandage. *Kushtha*, *Jatiphala* being astringents, prevent the recurrence of the prolapse.

Chukra tails when used orally, stimulates the appetite and improves digestion. Thus, it helps to curb the aetiopathogenesis of diseases like piles, diarrhoea and dysentery. The prolapse of rectum is often caused by frequent diarrhoea in children and is usually associated with third degree piles in old people.

Dosage

1-2 tsf; 3 times a day, for oral administration. Sufficient quantity; required for external use.

Reference

Yoga Ratnakara

IRIMEDADI TAILA

5

Ingredients10 ml. *Irimedadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Khadira	Acacia catechu	Catechu	Bark	32 gm
Lavanga	Syzygium aromaticum	Clove	Flower bud	78 mg
Gairika	Kaolinum	Red ocher	—	78 mg
Padmaka	Prunus cirasoidus	Bird cherry	Flower	78 mg
Manjishtha	Rubia cordifolia	Red madder	Root	78 mg
Lodhra	Symplocos racemosa	Lodh	Bark	78 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Rhizome	78 mg
Laksha	Laccifer lacca	Lac	Secretions	78 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	78 mg
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark	78 mg
Jatiphala	Myristica fragrans	Nutmeg	Seed	78 mg
Kankola	Piper cubeba	Cubeb	Fruit	78 mg
Karpura	Cinnamomum camphora	Camphor	Resin	78 mg
Ela	Elettaria cardamomum	Cardomom	Fruit	78 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	78 mg
Katphala	Myrica nagi	Box myrtle	Fruit	78 mg
Vata	Ficus bengalensis	Banyan	Bark skin	78 mg
Khadira	Acacia suma	Catechu white	Resin	78 mg
Raktachandana	Pterocarpus santalinus	Red sandalwood	Heartwood	78 mg
Aguru	Aquilaria agallocha	Eaglewood	Bark	78 mg
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Khadira is a potent astringent, haemostatic herb extremely useful in bleeding gums and pyorrhea. *Irimeda* is a synonym of *Khadira*. Other components like *Lodhra*, *Nagakeshara*, *Manjishtha*, *Padmaka*, *Katphala*, *Vata* exert haemostatic action, additive to that of *Khadira irimedadi taila* and is used for gum massage in mobile teeth, bleeding gums, pyorrhea. It also alleviates dental pain as it consists of herbs like *Lavanga*, *Karpura* and *Ela*, which alleviate *vata dosha*. They are

aromatic herbs, hence decimate the foul odour (halitosis) of the oral cavity. The application of *taila* to teeth and gum massage is followed by warm water gargles.

Dosage

Sufficient quantity; required for local application.

Reference

Sharngadhar Samhita

JATYADI TAILA

6

Ingredients

10 ml. *Jatyadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Jati	<i>Jasminum auriculatum</i>	Spanish Jasmine	Leaf	5 gm
Gokshura	<i>Tribulus terrestris</i>	Land caltrops	Root	5 gm
Madanaphala	<i>Randia dumetorum</i>	Emetic nut	Fruit	5 gm
Kantakari	<i>Solanum xanthocarpum</i>	Jaquin's night shade	Root	5 gm
Manjishtha	<i>Rubia cordifolia</i>	Indian madder	Root	625 mg
Lodhra	<i>Symplocos recemosa</i>	Lodh	Bark	625 mg
Khadira	<i>Acacia catechu</i>	Cutch	Resin	625 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Rhizome	625 mg
Tila taila	<i>Sesamum indicum</i>	Sesame oil	Seed	As a base

Actions & Indications

Jatyadi taila is usually used for topical application on the burns and scalds, with great benefit. *Jati* is an extremely useful wound healer as it possesses antimicrobial activity. It is also useful in various skin afflictions. It is extremely cooling and hence is used as a chief component in this formulation, to dress the wounds caused by burns and scalds.

Other ingredients like *Manjishtha*, *Lodhra* and *Khadira* are astringent, thus they dry off the oozing of serous and mucous discharges and cleanse the wound. It also promotes the healing of the wound. *Yashtimadhu* is a well known wound healer. *Madanaphala* heals up the wounds and eliminates the swelling. Also *Kantakari* alleviates the oedema and pain, in addition.

Jatyadi taila is recommended for wound dressing especially, due to burns and scalds. As all the

ingredients are cooling and astringent, it is specifically beneficial in wounds and ulcers of *pittaja* type. *Manjishtha*, *Lodhra* and *Khadira* exert the haemostatic action, as they are potent astringents, and helps the wound healing.

It is also useful for topical application to mucous membrane of oral cavity, in stomatitis and stomal stomatitis and stomal ulcers. *Jati* is well known to heal up the stomal ulcers and curb stomatitis. After five minutes, warm water gargles should be done to remove *Jatyadi taila* from the mouth.

Dosage

Sufficient quantity; required for application.

Reference

Yoga Ratnakara

LAKSHADI TAILA

7

Ingredients10 ml. *Lakshadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Laksha	Laccifer lacca	Lac	Secretions	2 gm
Dadhi	—	Curds	—	Base
Tila taila	Sesamum indicum	Sesame oil	See oil	As a base
Koshtha	Saussurea lappa	Costus	Rhizome	100 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	100 mg
Haridra	Curcuma longa	Turmeric	Rhizome	100 mg
Mushtaka	Cyperus rotundus	Nutgrass	Rhizome	100 mg
Murva	Clematis triloba	—	Rhizome	100 mg
Katuka	Picrorrhiza kurroa	Hellbore	Root	100 mg
Mishreya	Foeniculum vulgare	Fennel	Fruit	100 mg
Renuka	Vitex agnus	—	Seed	100 mg
Chandana	Santalum alba	Sandalwood	Heartwood	100 mg
Rasna	Vanda roxburghii	—	Root	100 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	100 mg

Actions & Indications

The components like *Chandana*, *Katuka*, *Mushtaka*, *Yashtimadhu* are cooling and *pitta* alleviating herbs, hence *Lakshadi taila* is beneficial in fever. It is commonly used for external massage, but is also used for administration. The massage with this oil all over the body promptly alleviates the high fever. It is salutary in cough, chest pain and asthma when massaged over the chest. It helps in epilepsy and hysteria while used by giving a head massage. The massage on abdomen relieves the colicky abdominal pains. *Chandana* and *Mushtaka* being aromatic herbs, reduce the foul body odour due

to excess sweating and relieve the itching as well. *Devadaru* and *Rasna* are potent *vata* alleviators, thus the massage helps in tingling and numbness, due to *vata*. Oral administration is helpful in pregnancy for foetal growth.

Dosage

Sufficient quantity; required for application.
1/2 -1 tsf; 3 times a day, with warm water, orally.

Reference

Yoga Ratnakara

MAHAMASHA TAILA

8

Ingredients10 ml. *Mahamasha taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Masha	Phaseolus radintus	—	Seed	2 gm
Eranda	Ricinus communis	Castor oil plant	Root	2 gm
Dhanvayasa	Fagonia arabica	Camel thorn	Leaf	280 mg
Pippali	Piper longum	Long pepper	Fruit	280 mg
Pippalimula	Piper longum-radix	Long pepper root	Root	280 mg
Chavya	Piper chaba	Java long pepper	Fruit	280 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	280 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	280 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	280 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	280 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	280 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	280 mg
Koshtha	Saussurea lappa	Costus	Root	280 mg
Dashamula	—	Ten roots	Root	280 mg
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

All components in this formulation are potent *vata dosha* alleviators. *Masha* is anabolic especially to muscle tissue and *Ashwagandha* bestows additive effects to it. *Dashamula* (ten roots), *Eranda*, *Panchakola*, *Guduchi* and *Koshtha* facilitate *vata* in the gut and alleviate it. Hence *Mahamasha taila* is used to treat various *vata* disorders by external massage, mainly. It is extremely beneficial in facial palsy.

In paralysis, the muscle wasting and hypotonia is a common problem, wherein massage with *Mahamasha taila* helps to regain the tone, power and prevents wasting of muscles further. It is

salutary to alleviate the pain in sciatica, brachial neuralgia, arthritis and gout. It also works well to curb the earache, when used as ear drops. *Mahamasha taila* can also be of use orally to augment the body weight and strength. It is also used for *nasya* and *basti* to treat *vata* diseases.

Dosage

Sufficient quantity; required for application.
1/2 - 1 tsf; 3 times a day, for oral use.

Reference

Proprietary

MARICHYADI TAILA

9

Ingredients10 ml. *Marichyadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Maricha	Piper nigrum	Black pepper	Fruit	312 mg
Haratala	Arsenii trisulphidum	Yellow orpiment	—	312 mg
Manashila	Arsenii disulphidum	Realgar	—	312 mg
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	312 mg
Arka	Calotropis gigantia	Calotropis	Leaf	312 mg
Karvira	Nerium indicum	Indian oleander	Leaf	312 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	312 mg
Trivruta	Operculina turpethum	Indian jalap	Root	312 mg
Gomayarasa	—	Watery extract of cow dung	—	312 mg
Indravaruni	Citrullus colocynthis	Colocynth	Fruit	312 mg
Koshtha	Alpinia galanga	Greater galangal	Rhizome	312 mg
Haridra	Curcuma longa	Turmeric	Rhizome	312 mg
Daruharidra	Berberis aristata	Indian berberry	Rhizome	312 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	312 mg
Raktachandana	Pterocarpus santalinus	Red sandalwood	Heartwood	312 mg
Vatsanabha	Aconitum ferrox	Monk's hood	Root	312 mg
Gomutra	—	Cow's urine	—	40 ml
Sarshap taila	Brassica juncea	Mustard oil	Seed	As a Base

Actions & Indications

Marichyadi taila consists of toxic ingredients like *Haratala*, *Manashila*, *Karavira*, *Vatsanabha* and *Arka*, hence it is to be used for external application only. It is used for external application in numerous skin diseases of varied aetiology. In *Bruhadmarichyadi taila*, *Nimba* and *Khadira* are two additional herbs. It is an effective remedy for chronic wounds with slough formation, oozing or infected wounds in scabies, eczema, ringworm infestation etc. It alleviates the itching also as it

mitigates the *kleda*. It works well in dry scabies also. In all these skin diseases, *Marichyadi taila* is applied topically and wounds are dressed, if necessary.

The components like *Haratala*, *Manashila*, *Arka*, *Karavira*, and cow's urine are hot and sharp in attributes, hence are irritants. These properties are useful in topical application of *Marichyadi taila* in leucoderma. It causes erythema and

residual pigmentation when applied on hypopigmented skin. This is the basis how it acts in leucoderma. In a few cases, it should be noted that local application may irritate the skin, causing vesication and blistering. It also works well in psoriasis.

Warning : It should not be used for oral administration at all.

Dosage

Sufficient quantity; required for external application.

Reference

Bhaishajya Ratnavali

NARAYANA TAILA

10

Ingredients10 ml. *Narayana taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ashwagandha	Withania somnifera	Winter cherry roots	Root	769 mg
Bala	Sida cordifolia	Country mallow	Root	769 mg
Bilva	Aegle marmelos	Bael	Fruit	769 mg
Patala	Stereospermum Suaveolens	Fragrant trumpet flower	Root	769 mg
Kantakari	Solanum xanthocarpum	Jaquin's night shade	Root	769 mg
Bruhati	Solanum indicum	Indian night shade	Root	769 mg
Gokshura	Tribulus terrestris	Land caltrops	Root	769 mg
Nimba	Azadirachta indica	Margosa bark	Bark	769 mg
Tintuka	Oroxylum indicum	Indian trumpet flower	Bark	769 mg
Punarnava	Boerhaavia diffusa	Spreading hogweed	Root	769 mg
Prasarini	Paederia foetida	—	Root	769 mg
Agnimantha	Clerodendron phlomoidis	Jerusalem sage	Root	769 mg
Koshtha	Alpinea galanga	Greater galangal	Rhizome	.76 mg
Chandana	Santalum album	White Sandalwood	Bark	.76 mg
Murva	Clematis gouriana	—	Root	.76 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	.76 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	.76 mg
Saindhava	Sodium chloride impura	Rock salt	—	.76 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	.76 mg
Bala	Sida cordifolia	Country mallow	Root	.76 mg
Rasna	Vanda roxburghii	—	Root	.76 mg
Deodaru	Cedrus deodara	Cedarwood	Bark	.76 mg
Shaliparni	Desmodium gangeticum	Unifoliate tick trefoil	Root	.76 mg
Prushniparni	Uraria picta	Sweet smelling hare foot	Root	.76 mg
Tagara	Valeriana wallichii	Indian valerian	Root	.76 mg
Shatavari	Asparagus recemosus	Asparagus	Rhizome	1.230 mg

Actions & Indications

The chief ingredient in *Narayani* i.e. *Shatavari*, hence the name '*Narayana taila*'. There are few

variations in number of ingredients in different formulations of *Narayana taila* and are named

accordingly viz. *Mahanarayana taila* and *Madhyama narayana taila*. Here *Madhyama narayana taila* is described.

Narayana taila is well known for external massage in *vata* diseases. But it is also used orally for various therapeutic purposes. The chief component *Shatavari* is sweet and bitter in taste, sweet in the post digestive effect and has cold potency. It alleviates *vata* and *pitta doshas* and augments *kapha dosha*. Topically, it decimates the burning sensation and being *balya* and *shamaka*, it works well in *vata* disorders.

Other ingredients like *Bilva*, *Agnimantha*, *Ashwagandha*, *Rasna*, *Koshtha* etc. are potent *vata* alleviators. The external application as a

massage strengthens the muscles, hence it is useful in paralysis, sciatica, joint pain, neuralgia etc. Orally it is extremely beneficial in bronchial asthma to decrease the frequency and duration of paroxysms. It is slightly warmed and given orally in asthma. It is also beneficial as a *nasya* and *basti* in various *vata* disorders.

Dosage

Sufficient quantity; required for massage, *basti* and *nasya*.

Reference

Sharngadhar Samhita, *Madhyama Khanda*, A-9

PADMAKADI TAILA

11

Ingredients

10 ml. *Padmakadi taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Padmakashtha	Prunus cirasoidus	Bird cherry	Bark	125 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Rhizome	125 mg
Ushira	Vetiveria zizanioides	Cuscut grass	Root	125 mg
Haridra	Curcuma longa	Turmeric	Rhizome	125 mg
Sarjarasa	Shorea robusta	Sal tree	Resin	125 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	125 mg
Shatavari	Asparagus racemosus	Asparagus	Root	125 mg
Chandana	Santalum album	Sandalwood	Bark	125 mg
Tila taila	Sesamum indicum	Sesame oil	Seed	Base

Actions & Indications

Most of the ingredients of *Padmakadi taila* are bitter and astringent in taste, and have cold potency, thus are useful as haemostatic agents. *Sarjarasa* is the cardinal component to arrest the bleeding. The formulation works well to alleviate the *pitta dosha*. the bleeding may be external one, like epistaxis (nosebleed). *Padmakadi taila* is beneficial to arrest it by instilling the nasal drops. The bleeding in piles, dysentery, colitis etc. responds well to *anuvastana basti* of *Padmakadi taila*. For bleeding in gastric or peptic ulcer, the malena or haematemesis responds well to oral administration of this *taila*.

The bleeding through urinary system viz. haematuria, is treated with *uttarabasti* of

taila, whereas in vaginal bleeding the swab dipped in *Padmakadi taila (pichu)* works well to arrest the bleeding. Thus, in any type of bleeding this *taila* is an excellent panacea. The *pittaja* wounds dressed with this *taila* heal up quickly.

Dosage

For nasya - 5-10 drops; into each nostril.
For oral use - 2 tsf; sos.
For basti - 50 ml; at a time.
For external use - sufficient quantity; required.

Reference

Bhavaprakasha Nighantu

PINDA TAILA

12

Ingredients

10 ml. *Pinda taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	1.75 gm
Sarjarasa	Shorea robusta	Sal tree	Resin	1.75 gm
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	1.75 gm
Sinktha	Cera	Bees wax	—	Base
Eranda taila	Ricinus communis	Castor oil	Seed oil	Base
Dugdha	Lactus	Milk	—	Base

Actions & Indications

Unlike medicated oils *Pinda taila* is prepared in a different manner. Addition of *Sarjarasa* and castor oil makes this preparation a semisolid mass, hence the name. It is only used for external use and is never used orally. The massage with *Pinda taila* relieves pain in gout, rheumatic fever, arthritis, sprains and blunt traumatic injuries. *Yashtimadhu* and *Sariva* work well to curb

inflammation as they alleviate the *pitta dosha*.

Dosage

Sufficient quantity; required for massage.

Reference

Bhavaprakasha Nighantu

SHATAPAKI KSHIRABALA TAILA

13

Ingredients

10 ml. *Shatapaki kshirabala taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bala	<i>Sida cordifolia</i>	Country mallow	Whole plant	5 gm
Tila taila	<i>Seasamum indicum</i>	Sesame oil	Seed oil	Base
Kshira	<i>Lactus</i>	Milk	—	Base

Actions & Indications

The pulp of *Bala*, *Tila taila* and milk are cooked together for hundred times, hence the name. It is one of the best remedy to treat wasting of the muscles and various *vata* diseases, caused due to tissue depletion (*dhatukshaya*). Especially, it is useful in gout and is also a rejuvenative. It strengthens the body, is anabolic

and beneficial for the voice. It alleviates blood disorders.

Dosage

5-10 drops; 3 times a day, orally.

Reference

Charaka Samhita, *Chikitsa*, A-29

SHADBINDU TAILA

14

Ingredients

10 ml. *Shadbindu taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Eranda	<i>Ricinus communis</i>	Castor oil plant	Seed	125 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	125 mg
Tagara	<i>Valeriana wallichii</i>	Indian valerian	Root	125 mg
Mishreya	<i>Foeniculum vulgare</i>	Fennel	Seed	125 mg
Jivanti	<i>Holostemma ada-kodien</i>	—	Root	125 mg
Rasna	<i>Vanda roxburghii</i>	—	Root	125 mg
Bhringaraja	<i>Eclipta alba</i>	—	Whole	125 mg
Vidanga	<i>Embelia ribes</i>	Bidanga	Fruit	125 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Root	125 mg
Saindhava	Sodium chloride impura	Rock salt	—	125 mg
Tila taila	<i>Sesamum indicum</i>	Sesame oil	Seed	Base
Aja dugdha	Lactus	She goat's milk	—	10 ml
Bhringaraja	<i>Eclipta alba</i>	—	Juice	40 ml

Actions & Indications

Shadbindu taila is used only for nasal administration (*nasya*) to treat the diseases above the clavicles i.e. diseases of the head and neck region viz. ear, nose and throat disease. All ingredients alleviate *vata* and *pitta dosha*.

It is extremely beneficial in treating chronic rhinitis. In this disease, long term duration of treatment with *nasya* is required and it gives a complete relief. The headache due to migraine responds well to this *taila*.

In epistaxis, the wounds in the nasal cavity heal with this *nasya*, as the *taila* consists of *Yash-timadhu*, *Shatavari* and *Jivanti*, which promote

the wound healing. The headache in common cold due to aggravated *vata* gets quickly relieved as it contains *vata* alleviating herbs like *Eranda*, *Rasna*, *Tagara* and *Vidanga*. Thus *Shadbindu taila* is the best remedy by nasal administration in ailments of the head and nose. It also improves eyesight, prevents hair fall and strengthens the teeth.

Dosage

3-5 drops; 3 times a day, for *nasya*.

Reference

Bharata Bhaishajya Ratnakara

VISHAGARBHA TAILA

15

Ingredients10 ml. *Vishagarbha taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Dhattura	Datura stramonium	Thorn apple	Root	3.6 mg
Arka	Calotropis gigantia	Madar	Latex	3.6 mg
Karvira	Nerium indicum	Indian olender	Root	3.6 mg
Nirgundi	Vitex nigundo	Five leaved chaste	Root	3.6 mg
Kulatha kanji	Dolichos bifloras	Horse grams gruel	Fruit	3.6 mg
Koshtha	Alpinia galanga	Greater galangal	Rhizome	18 mg
Kalihari	Gloriosa superba	Malabar glory lily	Root	18 mg
Rasna	Vanda roxburghii	—	Root	18 mg
Danti	Baliospermum montanum	—	Root	18 mg
Jatamansi	Nardostachys jatamansi	Spikenard	Root	18 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	18 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	18 mg
Haridra	Curcuma longa	Turmeric	Rhizome	18 mg
Erandmula	Ricinus communis	Castor oil plant root	Root	18 mg
Laksha	Laccifer lacca	Lac	Secretion	18 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	18 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	
Lajjala	Mimosa pudica	Sensitive plant	Root	18 mg
Sarshapa tail	Brassica juncea	Mustard oil	Seed	Base

Actions & Indications

As this preparation consists of toxic herbs like *Karavira*, *Dhattura* and *Arka*, it is called as *Vishagarbha taila*. These herbs are hot and sharp in attributes, hence this *taila* is used mainly for external massage. These herbs are potent *vata* alleviators and the other components like *Eranda*, *Koshtha*, *Devadaru*, *Chitraka*, *Sarshapa* being hot in the potency, alleviate *vata* and exert

additive effect. This preparation promptly alleviates pains, after massage.

Vishagarbha taila is highly recommended in *vata* diseases like sciatica, brachial neuralgia, arthritis, rheumatoid arthritis, gout, lumbago, muscle sprains, tremors and paralysis. It curbs the swelling, pain and facilitates the movements of the joints by reducing their stiffness. *vata* diseases

have basically two types of aetiopathogenesis viz. obstruction in subtle channels (*srotorodha*) leading to aggravation of *vata dosha* and tissue depletion (*dhatukshaya*) leading the same. *Vishagarbha taila* works well in both the types of *vata* disorders. When instilled into ears, it decimates the earache and tinnitus with great

benefit. There are few variations in *Vishagarbha taila* e.g. *Maha* and *Laghu*.

Dosage

Sufficient quantity; required for massage.

Reference

Yoga Ratnakara

VRANAROPAKA TAILA**16****Ingredients**

10 ml. *Vranaropaka taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	333 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	333 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	333 mg
Haridra	<i>Curcuma longa</i>	Turmeric	Rhizome	666 mg
Nimba	<i>Azadirachta indica</i>	Margosa tree	Bark	333 mg
Bhunimba	<i>Swertia chirata</i>	Chiretta	Whole	333 mg
Raktachandana	<i>Pterocarpus santalinus</i>	Red sandalwood	Heartwood	333 mg
Tila taila	<i>Sesamum indicum</i>	Sesame oil	Seed	Base

Actions & Indications

Vranaropana, the Sanskrit word denotes wound healing. This preparation is used to promote the wound healing. It should be noted that it is not effective when the wounds are infected. For that first, the wounds are dressed with another oil, which is discussed on the next page, i.e. *Vranashodhana taila*. It cleanses the wounds and makes them free from infection. Then *Vranaropana taila* is used to promote the wound healing. These two oils are commonly used by Ayurvedic practitioners and in the hospitals.

For better wound healing it is necessary to arrest the bleeding, if any. This is achieved with *Triphala* i.e. *Haritaki*, *Bibhitaka* and *Amalaki* and also with *Raktachandana* as all these herbs are astringent. *Haridra* works well as an antiseptic and

haemostatic as well. *Kiratatikta* alleviates oedema and also helps the wound healing. *Tila taila*, by itself, is beneficial for healing of the wounds, hence is used in numerous *taila* preparations as a base.

There are numerous herbs which promote the wound healing e.g. *Lodhra*, *Kamal*, *Priyangu*, *Yashtimadhu*, *Padmakastha* etc. There are various permutations and combinations under the same name *Vranaropaka taila* in the market.

Dosage

Sufficient quantity; required for wound dressing.

Reference

Proprietary

VRANASHODHAKA TAILA**17****Ingredients**

10 ml. *Vranashodhaka taila* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Nirgundi	Vitex nigundo	Five leaved chaste	Leaf	2285 mg
Karvira	Nerium indicum	Indian oleander	Root	1149 mg
Nimba	Azadirachta indica	Margosa tree	Leaf	2285 mg
Dhattura	Datura stramonium	Thorn apple	Seed	1142 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	571 mg
Karanja taila	Pongamia glabra	Hongay oil	Seed	Base

Actions & Indications

Vranashodhaka taila is commonly used for dressing the infected wounds. It is useful in chronic wounds, foul smelling infected wounds, wounds with oozing discharges and septic wounds. The herbs like *Karanja*, *Nimba* possess antimicrobial activity. Clinical trials, with a preparation from the fresh leaves of *Nimba* have shown marked improvement and a cure in common skin conditions viz. eczema, ringworm infection and scabies. (Singh N. et al : Antiseptic 70 : 677 (1979)). A special preparation from *Nimba* leaves has been shown to improve alopecia areata and eczema. (Ray D.K. (1986) Personal Communication.)

Vranashodhaka taila is recommended in skin diseases like eczema, ringworm infection, scabies, alopecia areata, dandruff and skin afflictions

associated with itching. It is extremely useful in wounds which are infected, oozing with serous discharge or pus. *Vranashodhaka taila* is routinely used in Ayurvedic wards and by Ayurvedic practitioners, for wound dressing. After the wounds are cleansed and asptic, then they are subjected for further dressing with *Vranaropaka taila* to promote their healing. For minor cuts and bruises *Vranashodhaka taila* dressing in salutary to prevent further infection.

Dosage

Sufficient quantity; required for dressing the wound.

Reference

Proprietary



GHRITA – GHEE

To prepare *ghrita* (i.e. ghee or clarified butter) itself, heat one pound of raw, unsalted butter on a medium fire for approximately 15 minutes. The butter will melt and start to boil. As it boils, froth will rise to the surface. Turn the fire to low and it is not necessary to remove the foam. The butter will then turn a golden yellow colour and will smell like popcorn. When a drop or two of water are placed in the ghee, it will produce a crackling sound, which indicates that the ghee is ready. Let it cool slightly and then pour it through a strainer into a container. It may be stored without refrigeration.

Medicated *ghrita* is prepared in a similar way to that of medicated oil. Take one part of herbs and cook them with four parts of ghee and sixteen parts of water, over a low flame until all water part gets evaporated. Another procedure is to first prepare the decoction of herbs and cook it with ghee, in the same proportion.

Generally *ghrita* means the ghee prepared from cow's milk, unless otherwise specified. The properties and usages of ghee are different than those of medicated oils. The oils are predominantly used for external application, whereas ghee is used more commonly, orally. The ghee possesses umpteen properties and is very useful to augment *ojas*. It stokes the *agni* but pacifies *pitta dosha* by its special potency (*prabhava*). It is beneficial for the eyes, strengthens the body, enhances intelligence and seminal fluids, improves the complexion and adds to longevity. It pacifies *pitta* and *vata doshas* and augments *kapha dosha*. It is highly esteemed as one of the best rejuvenative. Indians consume ghee in their daily diet. Cow's ghee is praised to be the best amongst all. It is used for various medicinal purposes like nasal administration (*nasya*), as a wound healer, for topical use, as a tonic and is used to treat various diseases.

SIDDHA GHRITA
MEDICATED GHEE

ASHWAGANDHADI GHRITA

1

Ingredients

10 ml. *Ashwagandhadi ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Ashwagandha	Withania Somnifera	Winter cherry	Root	150 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	50 mg
Maricha	Piper nigrum	Black pepper	Fruit	50 mg
Pippali	Piper longum	Long pepper	Fruit	50 mg
Ela	Elettaria cardamomum	Cardamom	Fruit	40 mg
Tamalpatra	Cinnamomum tamala	Casia leaf	Leaf	40 mg
Tvak	Cinnamomum zeylanicum	Cinnamom	Bark	40 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	40 mg
Vidanga	Emblia ribes	Bidanga	Fruit	110 mg
Jatipatri	Myristica fragrans	Nutmeg mace	Mace	110 mg
Bala	Sida cordifolia	Country mallow	Root	110 mg
Atibala	Abutilon indicum	Country mallow	Root	110 mg
Gokshura	Tribulus terrestris	Small caltrops	Root	110 mg
Vruddhadaru	Argyria speciosa	Elephant creeper	Root	110 mg
Lohabhasma	Ferrum	Calx of iron	—	10 mg
Vangabhasma	Plumbum	Calx of lead	—	10 mg
Abhrakabhasma	Creta gallica	Calx of mica	—	10 mg
Dugdha	Lactus	Milk	—	10 ml
Ghrita	—	Ghee	—	Base
Madhu	Mel	Honey	—	5 ml
Sharkara	Sacchrum officinarum	Sugar	—	50 mg

Actions & Indications

The ingredients like *Bala*, *Atibala*, *Gokshura* and *Ashwagandha* have cold potency and they are tonic (*balya*) and aphrodisiac (*vrushya*) in properties. *Trikatu* and *Chaturjat* boost up the *agni* and improve the appetite. *Abhraka* and *Vangabhasmas* augment the aphrodisiac activity and *Lohabhasma* is useful in anaemia and as a general tonic. The *ghrita*, honey, sugar and milk add to the nutritive value.

Ashwagandhadi ghrita is highly recommended in

vata diseases like arthritis, facial palsy, lumbago and puerperal diseases. It is one of the best aphrodisiac preparation and works well in gonorrhoea and syphilis.

Dosage

2-4 tsf; 3 times a day, with milk.

Reference

Napusakamrita

BRAHMI GHRITA**2****Ingredients**

10 ml *Brahmi ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Brahmi	Bacopa monnieri	Indian pennywort	Leaf	10 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	10 mg
Shankhapushpi	Evolvulus alsinoides	—	Whole plant	8 mg
Kushtha	Alpinea glalanga	Java galangal	Root	10 mg
Purana ghrita	—	Old ghee	—	Base

Actions & Indications

Brahmi, *Vacha* and *Shankhapushpi* are the choicest herbs as *medhya rasayana* for *pitta*, *kapha* and *vata doshas*, respectively. These three herbs are highly esteemed by ancient scripts of Ayurveda. In this formulation all these three herbs are incorporated hence the formulation becomes Universally useful for all types of constitutions. These *medhya rasayanas* bestow obviously *rasayana* effects, moreover, they render beneficial effects on intelligence, memory, mental stability and tranquility of mind. They give symptomatic relief, curb in the level of anxiety, modulate the adaptation, decrease the mental fatigue and improve memory.

Kushtha is hot in potency, enhances digestion and is one of the recommended herbs in the treatment of epilepsy. *ghrita*, especially *purana ghrita* (old ghee) is, by itself, *rasayana* which bestows complexion, *ojas*, memory, voice,

intelligence, strength and longevity. Though it has a cold potency, it augments the *agni*, as an exception. *Brahmi ghrita* works better in individuals of *pitta* constitution.

Brahmi ghrita is indicated in psychosomatic diseases, epilepsy, hysteria, mental debility, senile dementia, mental stress and strain, mental retardation, useful in slow learners and also beneficial for healthy individuals to boost up memory, especially, for students. It is also useful to induce the healthy sleep, in insomnia.

Dosage

1-2 tsf (10-20gm); 3 times a day, with warm water or milk.

Reference

Ashtanga Hridaya

DADIMADI GHRITA

3

Ingredients

10 ml. *Dadimadi ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Dhanyaka	Coriandrum sativum	Coriander	Fruit	1 gm
Chitraka	Plumbago zeylanica	Leadwort	Root	500 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	500 mg
Pippali	Piper longum	Long pepper	Fruit	250 mg
Dadima swarasa	Punica granatum	Pomegranate juice	Fruit	64 mg
Ghrta	—	Ghee	—	Base

Actions & Indications

Dadima (pomegranate), the chief component, is sweet, sour and astringent in taste, sweet in the post digestive effect and has semi-hot potency. It is an exception that it alleviates *pitta dosha*. Charaka has categorised it as anti-diarrhoeal (*grahi*) and relieves fatigue (*shramahara*). Whereas, Sushruta has classified it as a heart tonic (*hriddya*). Other texts have mentioned it as antiemetic, vermicidal, nervine tonic and an alleviator of distaste. It alleviates the diseases of mouth, throat and is a blood purifier. *Dadima* is a well known medicine for *pitta dosha*, distaste, colitis, cough, worms, indigestion and tumours. It is benevolent in splenomegaly.

Other ingredients like *Dhanyaka*, *Chitraka*, *Shunthi* and *Pippali* stoke *agni* well, moreover, the *ghrita* itself boosts *agni*. Thus the composition rewards to alleviate the diseases caused by low *agni* viz. colitis, diarrhoea, dyspepsia, intestinal worms etc.

Many a times, *Dadimadi ghrita* is used as a vehicle

or medium of intake (*anupana*), with the medicines in diseases like colitis, anaemia and worms. In anaemia, vitiation of *pitta dohsa* is frequently associated. It is known that ghee facilitates the absorption of iron preparations, used as haematinics in anaemia. *Dadimadi ghrita* exerts additive effect as it is a blood purifier. In chronic colitis, it works well with great benefit.

Dadima fruit is pleasant and claming to the mind and heart, benevolent to arrest bleeding, hence is rewarding in heart diseases, *raktapitta* and anaemia. It pacifies *vata* and *pitta doshas* and promptly nourishes *rasa* and *rakta dhatus*, thus boosts the energy.

Dosage

1-2 tsf (10-20gm); 3 times a day, with warm water or milk.

Reference

Ashtanga Hridaya

JATYADI GHRITA

4

Ingredients

10 ml. *Jatyadi ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Patola	Trichosanthes dioica	Wild snake gourd	Fruit	62.5 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	62.5 mg
Daruharidra	Berberis aristata	Indian berberry	Rhizome	62.5 mg
Sariva	Hemidesmus indicus	Indian sarsaparilla	Root	62.5 mg
Manjishtha	Rubia cordifolia	Red madder	Root	62.5 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	62.5 mg
Siktha	Cera	Bees wax	—	62.5 mg
Tuttha	Cupri sulphas	Blue vitreol	—	62.5 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	62.5 mg
Karanja	Pongamia glabra	Indian beech seed	Seed	62.5 mg
Jatipatra swaras	Jasminum auriculatum	Leaf juice of jasmine	Leaf	40 mg
Nimbapatra swaras	Azadirachta indica	Margosa leaf juice	Leaf	40 mg
Ghrta	—	Ghee	—	Base

Actions & Indications

Jatyadi ghrta is used for external application, in wounds due to burns and scalds and *pittaja* wounds. Only *pittaja* wounds depict signs of inflammation like redness, pain, yellowish or reddish discharges. This preparation is an excellent healer of these wounds and ulcers. Commonly, it is used to dress the wounds in burns and scalds.

The chief component *Jati* is a well known wound healer and *pitta* alleviator. Moreover, herbs like *Haridra*, *Katuka*, *Sariva*, *Yashtimadhu* and *Manjishtha* also alleviate *pitta dohsa* and relieve the burning sensation. Other ingredients like *Tuttha* (blue vitriol), *Nimba*, *Karanja* and *Sariva* help to cleanse the wound (*vrnashodhana*) by mitigating the sepsis. They also curb the oozing of serous secretions or pus from the wounds. *Haridra* and *Yashtimadhu* are the best known herbs to promote the healing of wounds along with their

cleansing. As a whole, *Jatyadi ghrta* promotes the wound healing in burns and scalds and other wounds caused by vitiation of *pitta dosha*.

External application of *Jatyadi ghrta* imparts a cooling effect, curbs bleeding from the wounds, alleviates the burning sensation and promotes their healing. *Ghrta*, by itself, has also a healing property, which exerts additive effect.

Caution : It should not be used for oral administration at all. (For external use only)

Dosage

Sufficient quantity; required for topical application.

Reference

Ashtanga Hridaya

KALYANAKA GHRITA

5

Ingredients10 ml. *Kalyanaka ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	160 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	fruit	160 mg
Amalaki	Emblica officinalis	Emblic myrobalan	Fruit	160 mg
Indravaruni	Citrullus colocynthis	Colocynth	Fruit	160 mg
Renuka	Vitex agnus-castus	—	Fruit	160 mg
Ela	Elettaria cardamomum	Malabar cardamom	Seed	160 mg
Devadaru	Cedrus deodara	Cedarwood	Bark	160 mg
Elawaluka	Prunus cerasus	Dwarf cherry	Fruit	160 mg
Swet sariwa	Hemidesmus indicus	Indian sarasparilla	Root	160 mg
Krishna sariwa	Ichnocarpus frutescens	—	Root	160 mg
Haridra	Curcuma longa	Turmeric	Rhizome	160 mg
Daruharidra	Berberis aristata	Indian berberry	Rhizome	160 mg
Shaliparni	Desmodium gangeticum	Unifoliate tick foil	Root	160 mg
Prushniparni	Uraria picta	Sweet smelling hare foot	Root	160 mg
Priyangu	Prunus mahaleb	—	Flower	160 mg
Kantakari	Solanum xanthocarpum	Yellow baried night shade	Root	160 mg
Kushtha	Alpinia galanga	Java galangal	Root	160 mg
Manjishtha	Rubia cordifolia	Indian madder	Root	160 mg
Nagakeshara	Mesua ferrea	Cobra's saffron	Stamen	160 mg
Dadima	Punica granatum	Pomegranate	Fruit	160 mg
Vidanga	Embelia ribes	Embelia fruits	Fruit	160 mg
Talis	Taxus buccata	Himalayan silver firr	Leaf	160 mg
Jati kalika	Jasminum auriculatum	Spanish jasmine	Leaf	160 mg
Nilotpal	Nymphaea stellata	Indian blue water lily	Flower	160 mg
Dantimula	Baliospermum montanum	—	Root	160 mg
Padmaka	Prunus puddum	Bird cherry	Rhizome	160 mg
Chandana	Santalum album	White sandalwood	Bark	160 mg
Ghrita	—	Ghee	—	Base

Actions & Indications

The Sanskrit word '*Kalyanaka*' literally means one which does the welfare. It is extremely useful to the patients of psychosomatic disorders. *ghrita*, by itself, is a potent *medhya rasayana* and addition of the herbs like *Vidanga*, *Kushtha*, *Kantakari*, *Renuka*, *Priyangu* and *Tagara* amplify its *medhya* properties. *Kalyanaka ghrita* curbs the *rajasa guna* and boosts up the *sattva guna* of the mind. It is benevolent in epilepsy, hysteria and mania.

Most of the components are cold in potency, alleviating *pitta dosha* and are blood purifiers, thus it useful in treating *pittaja* diseases. It is beneficial nearly in all types of fevers. The

ingredients like *Chandana*, *Padmaka*, *Sariva*, *Elawaluka*, *Tagara* and *Jati* are diuretic, hence this preparation is also useful in dysuria, oliguria and burning micturition. *Kalyanaka ghrita* is also useful in dysuria, oliguria and burning micturition. *Kalyanaka ghrita* is also indicated in *vata* diseases, impotency, general debility etc.

Dosage

2-3 tsf (10-20 gm); 3 times a day, with warm milk/water.

Reference

Charaka Samhita, *Chikitsa Sthana*

MAHATIKTAKA GHRITA

6

Ingredients

10 ml. *Mahatiktaka ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Sataparni	<i>Alstonia scholaris</i>	Dita	Bark	200 mg
Ativisha	<i>Aconitum heterophyllum</i>	Atis	Root	200 mg
Aragvadha	<i>Cassia fistula</i>	Purging cassia	Fruit	200 mg
Katuka	<i>Picrorrhiza kurroa</i>	Hellebore	Root	200 mg
Patha	<i>Cissampelos pareira</i>	False pareira brave	Root	100 mg
Mustaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	200 mg
Ushira	<i>Vetivaria zizanioides</i>	Cuscut grass	Root	200 mg
Patola	<i>Trichosanthes dioica</i>	Wild snake gourd	Fruit	200 mg
Nimba	<i>Azadirachta indica</i>	Margosa	Leaf	200 mg
Parpata	<i>Fumaria indica</i>	Common fumitory	Whole	200 mg
Dhanvayasa	<i>Fagonia cretica</i>	Khorasan thorn	Root	200 mg
Chandana	<i>Santalum album</i>	White sandalwood	Bark	200 mg
Gaja pippali	<i>Scindapsus officinalis</i>	Large long pepper	Fruit	200 mg
Padmaka	<i>Prunus pudum</i>	Bird cherry	Rhizome	200 mg
Darvi	<i>Berberis aristata</i>	Indian berberry	Root	200 mg
Vacha	<i>Acorus calamus</i>	Sweet flag	Rhizome	200 mg
Indravaruni	<i>Citrullus colocynthis</i>	Colocynth	Fruit	200 mg
Shatavari	<i>Asparagus recemosus</i>	Asparagus	Root	200 mg
Sariva	<i>Hemidesmus</i>	Sweet flag	Rhizome	200 mg
Indrayava	<i>Holarrhena antidyenterica</i>	Kurchi seed	Seed	200 mg
Murva	<i>Clematis gouriana</i>	—	Root	200 mg
Guduchi	<i>Tinospora cordifolia</i>	Tinospora	Root	200 mg
Kiratatikta	<i>Swertia chirata</i>	Chiretta	Whole	200 mg
Yashtimadhu	<i>Glycyrrhiza glabra</i>	Liquorice	Root	200 mg
Triyamana	<i>Thalictrum foliolosum</i>	Indian gentlon	Root	20 mg
Amalaki swarasa	<i>Embolica officinalis</i>	Emblic myrobalan	Fruit Juice	20 mg
Ghrta	—	Ghee	—	Base

Actions & Indications

The Sanskrit word '*Tikta*' means bitter. As this preparation consists of many bitter herbs like

Katuka, Nimba, Patola, Parpata, Kiratatikta, Indrayava and *Indravaruni* etc. hence the name.

The bitter taste, according to Ayurvedic postulates, alleviates *pitta dosha* and relieves the fever. During fever, the dryness in the body is increased and the appetite is low, thus *ghrita* being unctuous and appetite stimulating, helps to relieve these symptoms. Though itself it is bitter in taste, it improves the taste sensation and also digests the *ama*. Hence *Mahatiktaka ghrita* is useful in fever.

It is recommended in anaemia, as it stokes *agni* and facilitates the absorption of iron preparations.

It works well in various diseases like erysipelas, scabies, jaundice, piles, metrorrhagia, gout, obstinate skin diseases, heart diseases, tumours, purpura, cervical lymphadenitis and hyperacidity etc.

Dosage

2-3 tsf (10-20gm); 2 times a day, with warm water.

Reference

Bhaishajya Ratnavali, *Kushthadhikar*

PANCHAGAVYA GHRITA

7

Ingredients

10 ml. *Panchagavya ghrita* contains approx. :

Sanskrit	English	Quantity
Godugdha	Cow's milk	Equal quantity
Godadhi	Cow's curds	Equal quantity
Gomaya rasa	Cow's faeces	Equal quantity
Gomutra	Cow's urine	Equal quantity
Goghrita	Cow's ghee	Equal quantity

Actions & Indications

Panchagavya means the five substances e.g. cow's milk, curds, urine, faeces and ghee. These all are taken together and the ghee prepared is called as *Panchagavya ghrita*. Because of its foul smell it is not palatable, hence is used rarely.

The cow's milk is sweet in taste and post digestive effect and has cold potency. It is unctuous in attribute and alleviates *vata* and *pitta doshas* and also blood diseases. Cow's curds is sweet and sour in taste, augments the appetite, is anabolic and beneficial for the heart. It alleviates the *vata dosha* and improves the taste.

Cow's ghee is beneficial for the eyes, augments seminal fluids, stokes *agni* well and bestows complexion, beauty, intelligence and longevity. It augments the *ojas* and is the best rejuvenative. Cow's urine is bitter and astringent in taste and alleviates *kapha* and *vata doshas*. It augments the *agni* and intelligence. It is useful in umpteen

diseases like ascites, skin diseases, diseases of the mouth, eyes and urinary system, cough, asthma, anaemia, jaundice, oedema etc.

Panchagavya ghrita is highly recommended in psychosomatic disorders, especially, in epilepsy. It decimates the frequency and duration of seizures. It also boosts the memory and intelligence. This preparation also works well in hysteria. It is used as a *nasya* (nasal administration) in epilepsy and hysteria.

Dosage

1-2 tsf (10-20gm); 3 times a day, with warm milk, orally.

5-10 drops; 2 times a day, for nasal administration (*nasya*).

Reference

Charaka Samhita, *Chikitsa*, A-15, *Apasmar*.

PHALA GHRITA

8

Ingredients10 gm. *Phala ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Manjishtha	Rubia cordifolia	Red madder	Root	160 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	160 mg
Kushtha	Alpinia galanga	Java galangal	Root	160 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	160 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	
Amalaki	Embllica officinalis	Emblic myrobalan	Fruit	
Sharkara	Sacchrum officinarum	Sugar	—	160 mg
Ashwagandha	Withania somnifera	Winter cherry	Root	160 mg
Darvi	Berberis aristata	Indian berberry	Root	160 mg
Haridra	Curcuma longa	Turmeric	Rhizome	160 mg
Katuka	Picrorrhiza kurroa	Hellebore	Root	160 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	160 mg
Meda	Litsea sebiteria	—	Root	160 mg
Kakoli	Lilium polyphyllum	—	Root	160 mg
Hingu	Ferula foetida	Asafoetida	Resin	160 mg
Shatavari	Asparagus recemosus	Asparagus	Root	160 mg
Tagara	Valeriana wallichii	Indian valerian	Root	160 mg
Payasya	Frittilaria royle	—	—	160 mg
Dugdha	Lactus	Milk	—	40 mg
Ajamoda	Carum copticum	Ajowan	Seed	160 mg
Ghrta	—	Ghee	—	Base

Actions & Indications

The Sanskrit word '*Phala ghrta*' literally means that one which begets fruit. As this composition is used to promote the fertility, hence the name. This formulation is designed by an ancient seer Bharadwaja.

Shatavari, the chief component, promotes the growth and functions of the female genital tract.

It promotes the conception, averts abortion and facilitates the healthy growth of the foetus. It also boosts the sex desire in females. *Phala ghrta* is recommended during the antenatal period as it bestows all these benefits and also helps as a general tonic. The ingredients like *Haridra*, *Darvi* (*Daruharidra*), *Manjishtha*, *Yashtimadhu* etc. alleviate *pitta dosha*. As they exert a haemostatic

activity, it also helps to curb menorrhagia. It is benevolent to alleviate dysmenorrhoea and regulate the ovulatory cycles.

Phala ghrita is indicated in vaginal disorders like vaginitis, vaginal prolapse etc. and as an aphrodisiac in males to augment the seminal fluids. It is the best tonic for children, during pregnancy and as a general tonic as it boosts

up the strength and longevity. It is believed to increase the occurrence of the male child birth.

Dosage

2-4 tsf (10-20 gm); 2 times a day, with sugar or warm water, orally.

Reference

Yoga Ratnakara, *Yoni Roga*

SARASWATA GHRITA

9

Ingredients10 gm. *Saraswata ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Vacha	Acorus calamus	Sweetflag	Rhizome	160 mg
Tagara	Valeriana wallichii	Indian valerian	Root	160 mg
Koshtha	Sausurea lappa	Costus	Root	160 mg
Sarshapa	Brassica nigra	Mustard	Seed	160 mg
Saindhava	Sodium chloride impura	Rock salt	—	160 mg
Renuka	Vitex agnus-castus	—	Seed	160 mg
Haritaki	Terminalia chebula	Chebolic myrobalan	Fruit	55 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Fruit	55 mg
Amalaki	Phyllanthus emblica	Emblic myrobalan	Fruit	55 mg
Kantakari	Solanum xanthocarpum	—	Root	160 mg
Sariva	Hemidesmus indicus	Sarsaparilla	Root	160 mg
Lajjalu	Mimosa pudica	Humble plant	Root	160 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	160 mg
Brahmi	Bacopa monnieri	Pennywort	Leaf	160 mg
Patha	Cyclea peltata	Velvet leaf	Root	160 mg
Shaliparni	Pseudarthria viscida	Ticktrefoil	Root	160 mg
Punarnava	Boerhaavia diffusa	Hogweed	Root	160 mg
Girikarnika	Clitoria ternatia	Butterfly pea	Root	160 mg
Godugdha	Lactus	Cow's milk	—	For decoction
Goghrita	—	Cow's ghee	—	As a base

Actions & Indications

'Saraswati' means the goddess of knowledge. This formulation boosts up the intelligence and memory, hence the name. *Vacha*, the chief component, is one of the best *medhya rasayana*. Moreover ghee and milk are also the best nervines. Other ingredients like *Koshtha*, *Brahmi*, *Tagara* etc. exert an additive effect.

Saraswata ghrita is highly recommended in the treatment of epilepsy and hysteria. It curbs the

frequency, duration and intensity of seizures. It also works well to boost up retention. memory and intelligence.

Dosage

10-20 gm; 3 times a day, with milk.

Reference

Brihat Nighantu Ratnakara, *Unmada*

SHATADHOUTA GHRITA

10

Ingredients

10 gm. *Shatadhouta ghrita* contains approx. :

Sanskrit	Latin	English	Quantity
Cow's ghrita	—	Cow's ghee	Processed for 100 times

Actions & Indications

Shatadhouta ghrita is an entirely different type of *ghrita* preparation and is used for extrenal application only. The ghee prepared from cow's milk is taken in a flat copper vessel and mixed with small amount of water. It is then rubbed with hand on the surface of that copper vessel until it losses its solid form and becomes very soft and white like buttermilk. Then the water is changed and again it is rubbed and washed with water. This procedure is repeated for 100 times, hence the name-*shata* (hundred) *dhouta* (washed) *ghrita*. During this beating procedure the ghee comes in contact with copper and thus it is not recommended for oral administration.

Shatadhouta ghrita is an extremely potent alleviator of burning sensation and *pitta dohsa*. It is the choicest medicine to dress the wounds

caused by burns and scalds. It promotes their healing and relieves the burning sensation as well. It is also a highly recommended topical application in treating herpes zoster. It is commonly used as a refrigerant for application in burning sensation of the body, palms and soles, sunburn, acid burn and discoloration of skin due to burns.

Caution : It should not be used for oral administration. **(For external use only)**

Dosage

Sufficient quantity; required for topical application.

Reference

Proprietary

SHATAVARI GHRITA

11

Ingredients

10 ml. *Shatavari ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shatavari swaras	Asparagus recemosus	Asparagus juice	Root	40 ml
Shatavari	Asparagus recemosus	Asparagus	Root	1.250 gm
Dugdha	Lactus	Milk	—	10 ml
Ghrita	—	Ghee	—	Base

Actions & Indications

Shatavari is sweet and bitter in the taste, sweet in the post digestive effect and has a cold potency. It possesses heavy and unctuous attributes. It alleviates *vata* and *pitta doshas*. It is a rejuvenative, tonic, aphrodisiac, galactagogue and appetiser in properties. It is used in various diseases and as a tonic in general. *Shatavari ghrita* is prepared by cooking the fresh root juice and pulp of *Shatavari ghrita* and rock candy in equal quantity; along with milk. It is the choicest remedy for *amlapitta* (acid-peptic disease).

Shatavari ghrita is highly recommended as a naturaceutical for the proper foetal growth, in pregnancy. Moreover, it augments the amount of breast milk in nursing mothers. It also works well as the best and safe antacid during pregnancy and decimates the pregnancy vomiting. Otherwise it is also useful in acid-peptic disease to alleviate the hyperacidity. It curbs the *ama* in *pitta* and helps, especially in chronic cases of

hyperacidity. It also relieves the abdominal pain in gastric and peptic ulcer. In chronic colitis it boosts up the appetite, improves digestion, gives solid form to the faeces and augments the energy.

Shatavari ghrita is indicated in sexual debility and oligospermia. As *Shatavari* is the best *rasayana*, it nourishes all the body tissues (*dhatu*s) and finally, produces optimum *shukra dhatu*. It also helps as an aphrodisiac, for which *Shatavari ghrita* is highly recommended with honey and *Pippali*. This preparation is of great help to boost up the immunity and to prevent the ageing. It is indicated in gout also.

Dosage

2-4 tsf (20-40 gm); 2 times a day, with milk.

Reference

Bhaishajya Ratnavali, *Vatarakta*

SHATPALA GHRITA

12

Ingredients

10 ml. *Shatpala ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Nimba	<i>Azadirachta indica</i>	Neem tree	Bark	150 mg
Patola	<i>Trichosanthes dioica</i>	Serpant gourd	Leaf	150 mg
Daruharidra	<i>Berberis aristata</i>	Barberry	Root	150 mg
Dhanvayasa	<i>Fagonia arabica</i>	Camel thorn	Whole plant	150 mg
Katuka	<i>Picrorrhiza kurroa</i>	Hellbore	Root	150 mg
Haritaki	<i>Terminalia chebula</i>	Chebolic myrobalan	Fruit	50 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	50 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	50 mg
Parpata	<i>Fumaria parviflora</i>	Common fumitory	Whole plant	150 mg
Trayamana	<i>Gentiana kurroa</i>	Gold thread	Fruit	150 mg
Chandana	<i>Santalum album</i>	Sandalwood	Heartwood	150 mg
Kiratatikta	<i>Swertia chirata</i>	Chiretta	Whole plant	150 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	150 mg
Mushtaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	150 mg
Indrayava	<i>Holarrhena antidysenterica</i>	Kurchi	Seed	150 mg
Ghrta	—	Ghee	—	Base

Actions & Indications

Shatpala ghrita is one of the choicest drug to treat anorxia i.e. loss of appetite. Most of the herbs are bitter and pungent in the taste, pungent in the post digestive effect and have a hot potency. Hence, they stoke *agni* well and improve the digestion. Moreover, the ghee exerts an additive effect as it boosts up the *agni*. Thus *Shatpala ghrita* becomes the supreme pancea for the diseases originating from the aetiopathogenesis of low *agni* (*agnimandya*)

The diseases caused due to low *agni* are fever, colitis, piles, skin diseases, anaemia, tumours etc.

wherein, this formulation becomes extremely benevolent. The skin diseases like acne, erysipelas, scabies, eczema associated with itching respond well. It is also used as a vehicle (*anupana*) for the drugs, treating these diseases.

Dosage

1-2 tsf (10-20 gm); 2 times a day, with warm water.

Reference

Yoga Ratnakara, *Kushthadhikar*

TIKTAKA GHRITA

13

Ingredients

10 ml. *Tiktaka ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Patola	Trichosanthes dioica	Wild snake gourd	Leaf	1 gm
Nimba	Azadirachta indica	Margosa tree	Bark	1 gm
Katuka	Picrorrhiza kurroa	Hellebore	Root	1 gm
Daruharidra	Berberis aristaia	Indian berberry	Root	1 gm
Patha	Cissampelos pareira	False pareira brave	Root	1 gm
Parpata	Fumaria indica	Common fumitory	Whole plant	1 gm
Dhanvayasa	Fagonia cretica	Khorasan thorn	Whole plant	1 gm
Triyamana	Thalicturum foliolosum	Indian gentian	Fruit	1.250 gm
Mustaka	Cyperus rotundus	Nutgrass	Rhizome	250 mg
Kiratatikta	Swertia chirata	Chiretta	Whole plant	250 mg
Indrayava	Holarrhena antidysenterica	Kurchi	Seed	250 mg
Pippali	Piper longum	Long pepper	Fruit	250 mg
Chandana	Santalum album	White sandalwood	Heart wood	250 mg
Ghrta	—	Ghee	—	Base

Actions & Indications

Tikta means bitter. The bitter taste (*rasa*) itself is dry, cold and light in attributes. Though itself it is not tasty, but it improves the taste sensation. It alleviates the toxic metabolites from the gut, is vermifugal and pacifies the burning sensation, itching, excessive thirst and skin diseases. It relieves the fever, boosts up the *agni*, improves digestion, mitigates the obesity, purifies the breast milk and dries off the *kleda*, *meda*, sweat, urine, pus, faeces and *pitta* and *kapha* doshas. The bitter substances alleviate fever promptly.

Tiktaka ghrta, as the name itself suggests, consists of most of the ingredients which are bitter in the taste. Hence, it is the choicest panacea for fever. It is also used as a vehicle or *anupana*. As the bitter taste stokes *agni* well, it averts the pathogenesis of various diseases. Especially, it is

extremely beneficial in skin diseases like erysipelas, eczema, depigmentation etc. It is useful in skin diseases associated with intense itching. The dermatoses caused by aggravation of *pitta* dosha cause burning sensation, which is pacified by *Tiktaka ghrta*. It works well in *raktapitta*.

It is indicated in excessive thirst, heart diseases, ascites, piles, purpura, abscesses and sinuses, leucoderma and sprue. *Tiktaka ghrta* is an unequalled medicine for fever.

Dosage

2-4 tsf (10-20 gm); 2-3 times a day, with warm water.

Reference

Brihat Nighantu Ratnakara

TRIPHALA GHRITA

14

Ingredients10 gm. *Triphala ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	Terminalia chebula	Chebolic myrobalan	Decoction	10 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	of	
Amalaki	Phyllanthus emblica	Emblic myrobalan	fruits	
Bhringaraja	Eclipta alba	—	Whole plant	10 mg
Vasa	Adhatoda vasica	Malbar nut	Root	10 mg
Ajadugdha	Lactus	Goat's milk	—	10 mg
Pippali	Piper longum	Long pepper	Fruit	150 mg
Draksha	Vitis vinifera	Raisins	Fruit	150 mg
Salammishri	Orchis latifolia	Salep orchid	Rhizome	150 mg
Nilotpal	Nymphaea stellata	Blue water lily	Rhizome	150 mg
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	150 mg
Triphala	—	Three pungents	Fruit	150 mg
Kshirakakoli	Frittilaria royle	—	Root	150 mg
Guduchi	Tinospora cordifolia	Tinospora	Stem	150 mg
Kantakari	Solanum xanthocarpum	Night shade	Root	150 mg
Manjishtha	Rubia cordifolia	Red madder	Root	150 mg
Padmaka	Prunus cirasoides	Bird cherry	Rhizome	150 mg
Ushira	Vetiveria zizanioides	Cuscus grass	Root	150 mg
Sariva	Hemidesmus indicus	Sarsaparilla	Root	150 mg
Devadaru	Cedrus deodara	Cedarwood	Root	150 mg
Ghrita	—	Ghee	—	Base

Actions & Indications

'Triphala' literally means the three fruits. *Haritaki*, *Bibhitaka* and *Amalaki* fruit powders are mixed together. It is the best *rasayana*. It alleviates all three *doshas*, especially, *kapha dosha*. It is useful as a laxative, antidiabetic, antiobesity, antidermatoses, alleviates blood disorders, stokes *agni* etc.

Triphala ghrita is highly recommended to improve the eyesight. It is used orally as well as by giving *netrabasti* to treat myopia. It is beneficial to boost

up *dhatwagni* in tuberculosis, chronic fever etc. It prevents ageing and works well as the best *rasayana*.

Dosage

1-2 tsf (10-20gm); 3 times a day, with milk.

Reference

Yoga Ratnakara

YASHTYADI GHRITA

15

Ingredients

10 gm. *Yashtyadi ghrita* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Yashtimadhu	Glycyrrhiza glabra	Liquorice	Root	150 mg
Chandana	Santalum album	White sandalwood	Heartwood	400 mg
Anantamula	Hemidesmus indicus	Indian sarsaparilla	Root	400 mg
Dugdha	Lactus	Milk	—	40 ml
Ghrita	—	Ghee	—	Base

Actions & Indications

Yashtyadi ghrita is the best panacea for headache due to aggravated *pitta dosha*. It is used to alleviate headache by using it as nasal administration (*nasya*).

All the ingredients viz. *Yashtimadhu*, *Chandana* and *Anantamula* (*Sariva*) have a cold potency and alleviate the *pitta dosha*. They also alleviate the burning sensation and headache. *Anantamula* reduces the fever, oedema and burning sensation. *Yashtimadhu* relieves the headache caused by aggravation of *pitta dosha*. It also alleviates *vata dosha* and relieves the pain. *Chandana*, one of the best cooling herb curbs the burning sensation, itching and headache as well as bodyache.

Yashtyadi ghrita is recommended in all symptoms of aggravated *pitta dosha*, giving rise to headache and burning sensation. It also works well to prevent the hair fall and premature greying of hair, due to aggravation of *pitta dosha*. For that purpose, *nasya* of *Yashtyadi ghrita* should be given for prolonged duration.

Dosage

2-3 drops; into each nostril, 1-2 times a day, for *nasya* (nasal administration).

Reference

Brihat Nighantu Ratnakara, *Shiroroga*

SATTVA
STARCHY WATER EXTRACT

GUDUCHI SATTVA

1

Procedure

The fresh plant, *Guduchi* (*Tinospora cordifolia*), is collected, washed and the stem is cut into small pieces. Then it is beaten and matted on the flat surface of the stone (called as *pata*). It is then kept soaking in water for 10 - 12 hours. It is churned and water is kept in the Sun. The starchy substance settles down at the bottom of the vessel. Again it is washed with water, repeatedly, till it attains white colour and loses its bitterness. This starchy substance is dried and is ready for the use as *Guduchi sattva*.

Medicinal Uses

Guduchi sattva is the the choicest remedy for chronic fever. Take one gram of *sattva* along with three grams of ghee, six grams rock candy and ten grams of buttermilk. It alleviates the chronic fever. It is extremely useful to alleviate the burning sensation in the body.

It works well in general debility and tuberculosis. *Guduchi sattava* is recommended with specific vehicle (*anupana*) in different diseases and conditions. In diabetes, it is given along with cumin seed powder and sugar. In aggravated *pitta* conditions, it works well with sugar, in piles with butter milk and in leucorrhoea it is given along with *Lodhra* (*Symplocos racemosa*).

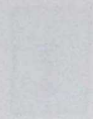
It is indicated in diseases like diabetes mellitus, chronic fever, cough, asthma, diseases of the spleen. It works well in gout and is beneficial for the eyes, memory and intelligence and to prevent ageing.

Dosage

1-2 gm; 3 times a day, with milk.

Reference

Raj Nighantu



ATTACHED

18/11/1911



PARPATI

Parpati is the unique concept of Ayurvedic pharmacy. The Sanskrit word '*Parpati*' literally means one which is like a thin sheet or disc, fragile and broken easily. Commonly, it is prepared from *Kajjali*, which contains mercury and sulphur. There are few exceptions wherein there is alone sulphur or mercury or both. *Malla parpati* and *Kshara parpati* contains neither sulphur nor mercury. *Vijay parpati* and *Abhraka parpati* do not contain mercury, whereas, *Bhallataka parpati* does not contain sulphur.

To prepare *parpati*, commonly *Kajjali* is used. As per the requirement, *Kajjali* is processed with juices of herbs or other ingredients (*bhavana*) first and other ingredients are added, if required. All this drug material is then triturated into a fine powder. It is then subjected to heat in an iron vessel, containing little amount of ghee. After slow heating, the mixture gets liquified. It is then poured on the banana leaf, covered with little ghee. Then another leaf of banana, covered with little ghee, is kept on the drug material which is liquid and hot. The leaf above is pressed until the drug gets cooled on itself. Then the leaf on the upper surface of drug is removed and the thin sheet (*parpati*) is washed with hot water, dried and powdered for the use.

When little less heat is given, *parpati* looks bluish-black in colour and is easily broken. It is known as *mrudupaka*. After giving optimum heat, *parpati* becomes slightly tough and breaks with a cracking sound. It is black in colour and is known as *madhyama paka*. It is the best consistency of *parpati*. When more heat is given, *parpati* becomes dry, hard and heavy to digest. It is *Kharapaka parpati*. It is reddish in colour and not advised to use in medicines. *Parpati*, because of sulphur contents, becomes heavy to digest and gets absorbed in colon. It is a highly esteemed remedy for colitis.

PARPATI

RASA PARPATI

1

Ingredients

125 mg. *Rasa parpati* contains approx. :

Sanskrit	Latin	English	Quantity
Samagandha kajjali	—	Black sulphide of purified mercury	125 mg

Actions & Indications

Rasa parpati is the preparation, wherein, first the purified mercury and sulphur are triturated together till the *Kajjali* is formed and it is then slowly heated in an iron vessel till it gets a liquid form. It is then spread on the banana leaf and pressed with hands till it acquires a shape of thin disc. On cooling, it forms a solid flat multi-layered preparation, which is called as '*Parpati*'. Thus *Rasa parpati* contains only two components e.g. mercury and sulphur.

Rasa parpati is potent astringent and hot in potency, which works well to facilitate the resorption of intestinal fluids and stokes the *agni*, and exerts excellent anti-diarrhoeal action. Any *parpati* preparation is known to work well on the small intestine. *Rasa parpati* is highly recommended in chronic colitis. In this diseases, the proper function of intestines is diranged viz. absorption, intestinal motility, digestion and assimilation and propulsion of waste materials is disturbed. The symptoms like loss of appetite,

dyspepsia, flatulence, diarrhoea, abdominal discomfort are commonly met in the patients of chronic colitis. *Rasa parpati* promotes the functions of the small intestines, boosts up *agni* and decimate diarrhoea, indigestion etc. Otherwise, low *agni* gives rise to diarrhoea and dysentery, which also respond well to this drug. It is extremely beneficial in ascites to curb the peritoneal fluid formation. In bronchial asthma, it works well by mitigating the aggravated *kapha dosha* in the gut. *Rasa parpti* mitigates the toxic metabolites from the gastrointestinal tract and alleviate *ama*. *Rasa parpati* being hot in potency, aggravates *pitta dosha*, hence, should be used with care.

Dosage

125-250 mg; 3 times a day, with ghee and sugar.

Reference

Yoga Ratnakara, *Sangrahani Chikitsa*

SUVARNA RASA PARPATI

2

Ingredients

10 ml. *Suvarna rasa parpati* contains approx. :

Sanskrit	Latin	English	Quantity
Suvarna dal	Aurum	Gold leaf	7.3 mg
Shuddha parada	Hydrargyrum	Purified mercury	58.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	58.8 mg

Actions & Indications

Addition of *Suvarna* (gold) to *Rasa parpati* amplifies the therapeutic values and *Suvarna rasa parpati* becomes a more potent formulation. It should be noted that *Suvarna* is heavy to digest, though it bestows magic results, hence should not be used in patients having fever, low *agni* and disturbed psychology.

Suvarna bhasma is an excellent tonic, especially for the muscle tissue, as it boosts up the *mamsa dhatvagni*. It is also a rejuvenative and helps in nourishing all body tissues, which gives the energy to patient. The patients of severe chronic colitis are extremely weak, with loss of appetite and weak digestion. They are severely dehydrated because of frequent loose motions, loose weight and get easily fatigued. In such cases, *Suvarna rasa parpati* bestows dramatic results. But in these

cases, as their appetite is low, the treatment should be commended first with plain *Rasa parpati* and when their appetite is regained, when they become afebrile, then this formulation should be given. It works well to boost the digestive functions, augment the body weight, relieve the weakness, regain the energy and get bound stools. Unlike *Rasa parpati*, it does not aggravate the *pitta dosha*. It also helps in anaemia, asthma, emaciation, tuberculosis, obstinate urinary disorders, diabetes and as a general tonic.

Dosage

60-125 mg; 3 times a day, with ghee and sugar.

Reference

Yoga Ratnakara, *Rajayakshma Chikitsa*

TAMRA PARPATI

3

Ingredients

125 mg. *Tamra parpati* contains approx. :

Sanskrit	Latin	English	Part	Quantity
Tamrabhasma	Cuprum	Calx of purified copper	—	28.8 mg
Shuddha parada	Hydrargyrum	Purified mercury	—	28.8 mg
Shuddha gandhaka	Sulphur	Purified sulphur	—	57.6 mg
Shuddha vatsanabha	Aconitum ferox	Purified aconite	Root	9.6 mg

Actions & Indications

Tamra bhasma is hot and sharp in attributes, accumulation breaking and a cholegogue in properties. By itself, it is used in very small dosage, which many a times is inconvenient to administer. In these conditions, *Tamra parpati* can be given with convenience. It is useful in chronic liver disorders, splenic diseases causing diarrhoea. It works well in splenic enlargement and nephritis. It is benevolent in urinary disorders, anaemia and

diabetes mellitus. It is an excellent rejuvenative.

Dosage

75-125 mg; 2 times a day, with water or honey.

Reference

Rasamruta, Rasa Ratnakara, *Vajikarana Chikitsa*-302, 303

Tamra parpati is recommended in particular disease with a specific vehicle or medium of intake (*anupana*). It is given in the tabular form :

Disease	Tamra parpati is given along with (Anupana)
Tuberculosis	Long pepper (<i>Pippali</i>) + Honey
Anaemia	Decoction of three myrobalans (<i>Triphala</i>)
For Pain	Castor oil (<i>Eranda taila</i>)
Vata-pitta diseases	Aloe juice (<i>Kumari swarasa</i>)
Ringworm infection	Psoralea decoction (<i>Bakuchi quatha</i>)
Diabetes	Three myrobalans (<i>Triphala</i>) and honey
Skin diseases	Decoction of catechu (<i>Khadira quatha</i>)
Toxic fever	Ginger juice (<i>Ardra swarasa</i>)

Ingredients

125 mg. *Vijay parpati* contains approx. :

Sanskrit	Latin	English	Quantity
Rasasindura	—	Red mercurial	9 mg
Hirakabhasma	—	Diamond calx	9 mg
Suvarnabhasma	Aurum	Gold calx	9 mg
Roupyabhasma	Argentum	Silver calx	9 mg
Mouktikabhasma	Mytilus margaritiferus	Pearl calx	9 mg
Tamrabhasma	Cuprum	Copper calx	9 mg
Abhrakabhasma	Creta gallica	Mica calx	9 mg
Shuddha gandhaka	Sulphur	Purified sulphur	63 mg

Actions & Indications

Vijay parpati is the remedy for various diseases like chronic colitis, diarrhoea, haemorrhoids, tuberculosis, hepatitis, oedema, abdominal pain, anaemia, tumour, ascites, splenic enlargement and skin disorders.

It works well in chronic cases of colitis, abdominal pain due to *ama*, diarrhoea and dysentery. It is useful in all types of piles and eighteen types of skin afflictions. It is an effective panacea for gout, anorexia, dyspepsia and distaste. There is a reference in ancient texts that *Vijay parpati*

bestows a hundred years of healthy life, without greying of the hair and hair fall and also boosts up the intelligence. It is recommended to be taken in the morning, as an aphrodisiac.

Dosage

125-250 mg; once a day, with honey.

Reference

Bhaishajya Ratnavali
Rasachandanshu, *Grahani Chikitsa*

MALAHARA
OINTMENT

ARSHA-SHAMAKA MALAM

1

Ingredients

1 gm. *Arsha-shamaka malam* contains approx. :

Sanskrit	Latin	English	Part used	Quantity
Mayaphala	Quercus infectoria	Magic nut	Gall	202 mg
Sinktha	Cera	Bees wax	—	50 mg
Shuddha ahiphena	Papaver somniferum	Opium	Seed	40 mg
(Vaseline)	—	Vaseline	—	707 mg

Actions & Indications

Arsha-shamaka malam denotes, the ointment alleviating the piles. It is used for local application on the piles. *Mayaphala* being as astringent and cooling in properties, arrests the bleeding in haemorrhoids and promotes the healing of wounds. *Ahiphena* (purified opium) alleviates the oedema and pain. Vaseline is used as a base, imparts soothing.

Dosage

Sufficient quantity; required for topical application.

Reference

Proprietary

GANDHAKA MALAHARA

2

Ingredients

1 gm. *Gandhaka malahara* contains approx. :

Sanskrit	Latin	English	Quantity
Shuddha gandhaka	Sulphur	Sulphur purified	100 gm
Tila taila	Sesamum indicum	Sesame oil	900 gm

Actions & Indications

Gandhaka malahara is prepared by cooking purified sulphur in sesame oil. After cooling, it attains a solid form. like an ointment. It is used for external application in treating scabies and ringworm infection, with great benefit.

Dosage

Sufficient quantity; required for topical application.

Reference

Proprietary

PADADARI MALAM**3****Ingredients**

1 gm. *Padadari malam* contains approx. :

Sanskrit	Latin	English	Part used	Quantity
Tankana	Sodii biboras	Sodium borate	—	45 mg
Kharpara	Zinci carbonas	Calamine	—	70 mg
Sarjarasa	Shorea robusta	Sal tree	Resin	6 mg
Narikela taila	Cocos nucifera	Coconut oil	Fruit	20 mg

Actions & Indications

Padadari means cracked feet or rhagades. Due to exposure to atmosphere and excessive walking bare feet, the aggravation of *vata dosha* causes excessive dryness in the skin and thus soles become cracked. *Padadari malam* is topically applied in the cracks of feet, esp. heels. As coconut oil is unctuous and a healer, it works well. All other ingredinets like *Tankana*, *Kharpara*

and *Sarjarasa* promote the healing of cracks.

Dosage

Sufficient quantity; required for topical application.

Reference

Proprietary

SINDURA MALAHARA

4

Ingredients

1 gm. *Sindura malahara* contains approx. :

Sanskrit	Latin	English	Quantity
Rasasindura	—	Red mercurial	150 mg
Shatadhouta ghrita	—	100 times processed ghee	7810 mg
Sarjarasa	Shorea robusta	Sal tree gum	30 mg
Sinktha	Cera	Bees wax	30 mg
Karpura	Cinnamomum comphora	Camphor	10 mg

Actions & Indications

Sindura malahara is useful in skin diseases like scabies ringworm infection. It also heals the wounds.

Dosage

Sufficient quantity; required for topical application.

Reference

Proprietary

VEDANTAKA MALAHARA**5****Ingredients**

1 gm. *Vedantaka malahara* contains approx. :

Sanskrit	Latin	English	Quantity
Sindura	—	Red oxide of mercury	83.3 mg
Sinktha	Cera	Bees wax	830 mg
Ahiphena	Papaver somniferum	Opium	83.3 mg

Actions & Indications

Vedantaka malahara is used for local application in piles to alleviate pain. It is also helpful in anal fissure and proctitis to alleviate the anal pain.

Dosage

Sufficient quantity; required for topical application.

Reference

Rasa Tarangini

OTHER PREPARATIONS
KSHARA-LEPA GUTI-MANJANA,
MODAKA-PUTAPAKA-UPANAHA-VARTI

KSHARA-ALKALIS**1****Ingredients**

Alkalis are prepared by burning the plants, stirring their ashes in water, straining and drying them. They exert a burning and scraping action, are laxative, diuretic and digestive, are sometimes used as salt substitutes, and cause impotence.

For preparing the *kshara*, the plant is selected from which alkali is to be prepared. The *Panchanga* of plant are dried and burnt into ashes. The ash, with four times water is kept in an earthen pot and kept overnight. Next day, the water is thrown away and is slowly heated till all water is evaporated. At the bottom, a white coloured *kshara* is formed, which is used for medicinal purpose. The commonly used *ksharas* are mentioned here, in short, with their uses.

1. Apamarga Kshara

The alkali is prepared from *Apamarga* (*Achyranthes aspera*) as mentioned above. It is useful in cough, bronchial asthma and exerts a diuretic action.

Dosage : 125-250 mg.

2. Kadali Kshara

Kadali kshara is prepared from *Kadali* (*Musa sapientum*) and is beneficial as an appetiser, digestant and diuretic.

Dosage : 250-500 mg.

3. Arka Kshara

The alkali is prepared from *Arka* (*Calotropis gigantea*) and is useful in ascites.

Dosage : 125-250 mg.

4. Chinch Kshara

Alkali prepared from *Amlika* (*Tamarindus indica*) stimulates the appetite and relieves the abdominal pain.

Dosage : 250-500 mg.

LEPA GUTI-PASTE STICK

2

These are the herbal preparations in a form of paste stick or the big tablets. These paste sticks or big tablets are rubbed on the flat surface of the stone with a little amount of water and the

paste is prepared. It is applied on the affected parts, topically. Few examples of *Lepa guti* are mentioned here in brief.

1. BAVACHI LEPA GOLI**Ingredients**

3 gm. *Bavachi lepa goli (guti)* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Bakuchi	Psoralia corylifolia	Babchi seeds	Seed	3 gm

Uses

Useful as an external application, in treating leucoderma.

locally on the skin.

Reference

Proprietary

Dosage

Rub with water and prepare the paste. Apply it

2. LEPA GOLI**Ingredients**

3 gm. *Lepa goli* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Punarnava	Boerhaavia diffusa	Hogweed	Root	374 mg
Lodhra	Symplocos racemosa	Lodh tree	Bark	94 mg
Chitraka	Plumbago zeylanica	Leadwort	Root	94 mg
Shunthi	Zingiber officinale	Dry ginger	Rhizome	94 mg
Haridra	Curcuma longa	Turmeric	Rhizome	94 mg
Guggulu	Commiphora mukul	Indian bedellium	Resin	2250 mg

Uses

Useful in traumatic blunt injuries with oedema or haematoma, joint pain, muscular pain etc. topically.

day, locally.

Reference**Dosage**

Proprietary

Apply the paste, prepared in water, 2-3 times a

MANJANA-TOOTH POWDER

3

The Sanskrit word '*Manjana*' means to rub and cleanse (the teeth). The preparation in a form of a herbal mixture powder is known as '*Danta manjana*' i.e. used to cleanse the teeth. These are slightly coarse powders of dried herbs, as it helps to cleanse the teeth better. There are numerous herbal tooth powders available in the Indian market and even all over the world. There is also the introduction of Ayurvedic herbal tooth

pastes in market. There are numerous herbs used for oral and dental care. The salient herbs are mentioned below in a tabular form, for the reference. These herbs cleanse the teeth, strengthen gums, arrest bleeding, prevent caries and are deodorant.

Reference

Bhavaprakasha Nighantu

Herbs for oral and dental care :

Sanskrit	Latin	English	Part Used
Akshotaka	Juglans regia	Walnut	Fruit
Apamarga	Achyranthes aspera	Rough chaff	Root
Babbula	Acacia arabica	Indian gumarebic	Bark
Bakula	Mimusops elengi	Bakula	Bark
Bruhati	Solanum indicum	Indian nightshade	Root
Ela	Elettaria cardamomum	Cardamom	Seed
Irimesa	Acacia farnesiana	Cassia flower	Resin
Kanchanara	Bauhinia variegata	Mountain ebony	Bark
Kankola	Piper cubeba	Cubeb	Fruit
Karanja	Pongamia glabra	Indian beech	Root
Karkatashrunji	Rhus succedania	Nutgall	Galls
Karpura	Cinnamomum camphora	Camphor	Resin
Khadira	Acacia catechu	Cutch tree	Resin
Latakasturi	Hibiscus abelmoschus	Musk-mallow	Seed
Lavanga	Syzygium aromaticum	Clove	Flower
Lodhra	Symida febrifuga	Redwood tree	Bark
Mamsarohini	Soymida febrifuga	Redwood tree	Bark
Mayaphala	Quercus infectoria	Oak galls	Galls
Shathi	Hedychium spicatum	Long zedoary	Rhizome
Tejojva	Zanthoxylum alatum	Toothache tree	Fruit
Tvak	Cinnamomum zeylanicum	Cinnamon	Bark
Triphala	—	Three myrobalan	Fruits

MODAKA BOLUS

4

Ayurvedic materia medica describes different sizes of tablets by different names. Amongst them *vati* and *vatika* are the small sized tablets, whereas, *gutika* are slightly larger ones. For larger dosage, the drug material is shaped in the biggest shape like that of bolus are called as *modaka* and *pindi*. The long stick-shaped tablets, are used to prepare a paste by rubbing them on the stone with water. These are known as '*varti*', which are used for topical application for eyes.

Modaka (bolus) is prepared first, by reducing the medicinal substances to powders, which are then added to cold syrups and stirred with it till they are uniformly mixed. No boiling is required in this preparation. The syrup is made with sugar and water or with sugar and decoction of the prescribed drugs or plainly mixed with the jaggery.

There are various *modaka* preparations like *Vruddhadaru modaka*, *Mashadi modaka*, *Triphaladi modaka*, *Abhaya modaka*, *Surana*

modaka, *Eladi modaka*, *Bhallataka modaka*, *Methika modaka*, *Tiladi modaka* etc. Only *Triphala modaka* will be discussed here, because of limitation of the space.

TRIPHALA MODAKA

Preparation

The ingredients are taken in proper proportion and finely powdered. It consists of ingredients e.g. *Haritaki*, *Bibhitaka*, *Amalaki*, *Bhallataka*, *Vidanga*, *Loha bhasma*, *Nishottara*, *Guggulu*, *Shilajitu*, *Pushkaramula*, *Chitraka*, *Shunthi*, *Maricha*, *Pippali*, *Mushtaka*, *Tvak*, *Tamalapatra*, *Ela* and *Kunkuma*. The powder of these ingredients is mixed with the syrup made up of equal quantity of rock candy. It is then mixed thoroughly and *modaka* is prepared, each weighing one *pala* i.e. approximately 30 gm. *Triphala modaka* is ready for the medicinal use. It is recommended by assessing the energy level of the patient.

TRIPHALA MODAKA

Ingredients

10 gm. *Triphala modaka* contains approx :

Sanskrit	Latin	English	Part Used	Quantity
Haritaki	<i>Terminalia chebula</i>	Chebulic myrobalan	Fruit	600 mg
Bibhitaka	<i>Terminalia belerica</i>	Beleric myrobalan	Fruit	600 mg
Amalaki	<i>Phyllanthus emblica</i>	Emblic myrobalan	Fruit	600 mg
Bhallataka	<i>Semecarpus anacardium</i>	Marking nut	Fruit	880 mg
Vidanga	<i>Embellia ribes</i>	Bidanga	Fruit	880 mg
Lohabhasma	<i>Ferrum</i>	Calx of iron	—	220 mg
Trivrut	<i>Operculina turpethum</i>	Turpeth root	Root	220 mg
Guggulu	<i>Commiphora mukul</i>	Indian bedellium	Resin	220 mg
Shilajitu	<i>Asphaltum</i>	Asphalt purified	—	220 mg
Pushkaramula	<i>Inula racemosa</i>	—	Root	110 mg
Chitraka	<i>Plumbago zeylanica</i>	Leadwort	Root	110 mg
Maricha	<i>Piper nigrum</i>	Black pepper	Fruit	44 mg
Shunthi	<i>Zingiber officinale</i>	Dry ginger	Rhizome	22 mg
Pippali	<i>Piper longum</i>	Long pepper	Fruit	22 mg
Mushtaka	<i>Cyperus rotundus</i>	Nutgrass	Rhizome	22 mg
Tvak	<i>Cinnamomum zeylanicum</i>	Cinnamon	Bark	22 mg
Tamalapatra	<i>Cinnamomum tamala</i>	Cassia leaf	Leaf	22 mg
Ela	<i>Elettaria cardamomum</i>	Cardamom	Fruit	22 mg
Kumkuma	<i>Crocus sativus</i>	Saffron	Stamen	22 mg
Khanda sharkara	<i>Sacchrum officinarum</i>	Rock candy	—	5.142 mg

Actions & Indications :

Triphala modaka alleviates all three *doshas* and the diseases caused by their aggravation. It alleviates all skin diseases, anal fistula, tumours, diseases of the tongue, palate, head, eyes, neck and back.

Triphala modaka is recommended before the meals in diseases below the waist, during the meals for diseases of the gastrointestinal tract and

after the meals in diseases above the neck.

Dosage

As per energy and *agni* of the patient, as per medical advise.

Reference

Shamgadhar Samhita

PUTAPAKA-ROASTING WITHIN CLOSET

5

In this process the fresh plants are reduced to a pasty mass, which is wrapped up in the leaves of either *Jambu* (*Eugenia jambolana*), *Vata* (*Ficus bengalensis*) or *Kashmari* (*Gmelina arborea*), firmly tied with a thread or vegetable fibre. It is then covered with a layer of clay, 0.5-1 inch in thickness and roasted over fire made of cow-dung-cakes. When the layer of clay assumes a brick red colour, roasting is known to be complete. The ball, now, is withdrawn from the fire and broken open. The juice of the roasted drugs is given with honey, or given itself in the form of powder or pill. The dose is four *tolas* (approx 48 gm.)

There are various *Putapaka* preparations used by preparing the drugs from various herbs. Few examples are cited here in brief.

Kutaja Putapaka : The bark skin of *Kutaja* (*Holarrhena antidysenterica*) is matted with rice water and is used as medicine for chronic diarrhoea.

Shyonaka Putapaka : The fresh bark skin of *Shyonaka* or *Tentu* (*Oroxylum indicum*) is used to treat diarrhoea.

Dadima Putapaka : The ripene *Dadima* (*Punica granatum*) fruit (pomegranate) is used to treat diarrhoea.

Bijapuradi Putapaka : The tender leaves of *Matulunga* (*Citrus medica*), *Amra* (*Mangifera indica*) and *Jambu* (*Eugenia jambolana*) are used for medicinal purpose to treat vomiting.

Vasa Putapaka : The ripened leaves of *Vasa* (*Adhatoda vasica*) are beneficial to alleviate bleeding disorders, fever, cough, asthma and tuberculosis.

Kantakari Putapaka : The small whole shrub of *Kantakari* (*Solanum xanthocarpum*), with roots, is used as a *putapaka* preparation, given along with *Pippali* (*Piper longum*) *churna* to treat cough, bronchial asthma and diseases of *kapha dosha*.

Bibhitaka Putapaka : The fruit of *Bibhitaka* (*Terminalia belerica*) are useful to alleviate cough, cold, hoarseness of voice, pharyngitis and asthma.

Shunthi Putapaka : *Shunthi* (dry ginger) powder is mixed with little amount of ghee and the paste is wrapped in *Eranda* leaves to prepare the *putapaka*. It is the best remedy for diarrhoea, with *ama*.

Mrigashringa Putapaka : The *bhasma* of deer horns is prepared by *putapaka* procedure and is given along with ghee to alleviate the cardiac pain.

Surana Putapaka : The rhizomes of *Surana* (*Amorphophallus campanulatus*) are triturated with little sesame oil and rock salt and *putapaka* is prepared. The pulp is then taken out and the juice expelled from the leaves is used in treating the nonbleeding piles.

Reference : Sharngadhar Samhita

UPANAHA-POULTICE

6

Commonly, the drugs like *Dashamula* powder, mixed with little quantity of milk and juice of animal fat is slightly heated and the paste is applied on the affected part, where there is pain and swelling. The paste applied is thick and covered with the bandage. It alleviates the *vata dosha*, hence, the pain and oedema.

There are various permutations and combinations of the drug materials used according to the need. The most commonly used *upahana* (poultice) preparations are *Atasi upanaha* and *Godhumadi upanaha*.

Atasi Upanaha

The drugs used in this preparation are the *Atasi*

(*Linum usitatissimum*) seed powder 20 gm, ghee 2.5 gm. and milk 40 ml. All these are mixed together and cooked. Then the hot paste is spread on the cloth, and is wrapped on the affected part, when it is bearably hot. It reduces the oedema and pain, as it (*Atasi*) is the potent *vata* alleviator.

Godhumadi Upanaha

It is prepared in the similar way, where the drug used is *Godhuma* pulp i.e. dough of wheat. It alleviates the pain and swelling.

Reference

Sharngadhar Samhita

VARTI-PASTE STICK FOR ANJANA

7

'Anjana' is the topical ophthalmic medicine used in treating the diseases of the eyes. Three types of *anjana* are described as varti (paste stick), juice as eye drops and the powders, of which *varti* is the most potent one. *Varti* is the form of long tablet of wick - shaped, elongated and thin one.

It is rubbed on the stone surface with little amount of water, so that a semisolid, thin paste is formed, which is applied to the eyes as a medicine. There are number of *varti* preparations to treat various ophthalmic disorders. Few of them are briefed here.

CHANDRODAYA VARTI

Ingredients

10 mg. *Chandrodaya varti* contains approx. :

Sanskrit	Latin	English	Part Used	Quantity
Shankhanabhi bhasma	Turbinella pyrum	Calx of conch shells	—	125 mg
Bibhitaka	Terminalia belerica	Beleric myrobalan	Seed	125 mg
Haritaki	Terminalia chebula	Chebulic myrobalan	Fruit	125 mg
Suddha manashila	Arsenii disulphidum	Purified realgar	—	125 mg
Pippali	Piper longum	Long pepper	Fruit	125 mg
Maricha	Piper nigrum	Black pepper	Fruit	125 mg
Kushtha	Alpinia galanga	Java galangal	Root	125 mg
Vacha	Acorus calamus	Sweet flag	Rhizome	125 mg

Uses

The topical application of the paste, prepared by rubbing *Chandrodaya varti* on the stone surface with water, called as *anjana*, is a beneficial ophthalmic application in diseases like cataract, nightblindness, glaucoma and other diseases of the eye.

Dosage

Sufficient quantity of paste for topical application, for the eyes.

Reference

Shamgadhara Samhita

There are various *varti* preparations for treating ophthalmic diseases e.g. *Karanjabija varti*, *Samudraphenadi varti*, *Danta varti*, *Nilotpaladi varti*, *Rasanjanadi varti*, *Snehani varti* etc.

The word *varti* means elongated tablet. *Guda varti* is a pessary, used for topical application in anal canal, as a laxative.

SANSKRIT GLOSSARY

Adi	: other
Agni	: biological fire governing metabolism, cosmic force of transformation, appetite
Agni dipana	: substance that increases agni (digestive fire)
Agnimandya	: anorexia, loss of appetite, low digestive fire
Agniputi	: processed with heat
Ama	: toxins, undigested food or toxic metabolites
Amapachana	: substance promoting digestion and destructing ama
Amashaya	: stomach
Amavata	: rheumatic fever
Amlapitta	: hyperacidity, acid-peptic disease
Amruta	: ambrosia, nectar, Guduchi
Amrutikarana	: nectarization; heating bhasmas with ghee
Anulomana	: laxative
Anupana	: vehicle, medium of intake
Apachi	: chronic glandular swelling
Apana	: a subtype of vata dosha
Apasmara	: epilepsy
Arishta	: medicated wine prepared from decoction
Arochaka	: distaste
Arogya	: health
Arsha	: piles, haemorrhoids
Asava	: medicated wine
Ashmari	: calculus, stone
Ashmarighna	: litholytic
Asthi dhatu	: bone tissue
Atisara	: diarrhoea
Aushadhi	: medicine
Avaleha ghana	: jam, jelly
Avaleha pravahi	: syrup
Ayas	: iron
Ayushyavardhaka	: boosting longevity

B al	: child, infant
Bala	: strength
Balya	: tonic, anabolic, increasing strength
Basti	: medicated enema; urinary bladder
Bhasma	: an incinerated metal or mineral
Bhavana	: process to potentiate medicine
Bhedana	: accumulation breaking, purgative, disintegrating
Bhrajaka pitta	: type of pitta in skin
Bhutapidanashaka	: averting evil powers
Brihat	: greater
Brimhana	: bulk promoting
Brimhaniya	: bulk promoting herb
Buddhi	: intelligence
C handra	: moon
Chandraputi	: processed in moonlight
Chhardi	: vomiting
Chikitsa	: treatment, remedy
Churna	: powder
D aha	: burning sensation
Daha prashamana	: relieving burning sensation
Danta manjana	: tooth powder
Dashamula	: ten roots
Dashaputi	: ten times processed with heat
Dhatukshaya	: tissue depletion
Dhatukshinata	: weakness in tissue due to depletion
Dhatvagni	: metabolic fire of the tissue
Dhi	: reception
Dhruti	: decisive attribute of mind, retention
Dipana	: promoting digestive functions and agni, vata, pitta and kapha which determine individual constitution
Drava	: liquid

Dushti	: vitiation
G ajaputa	: closed heating between 800 – 1000°C
Gandamala	: cervical adenitis
Gandhaka	: sulphur
Gandharva	: castor oil plant – eranda
Garbhashaya	: uterus
Garbhashaya shodhana	: cleansing uterine cavity
Ghrita	: ghee, clarified butter
Gomutra	: cow's urine
Grahi	: that which binds the stools
Grahani	: colitis
Granthi	: glandular swelling
Gulma	: tumour
Guna	: attribute
Guru	: heavy, slowly digested
Guti	: pill
H ema	: gold
Hridaya	: heart
Hrididya	: heart tonic, pleasant to mind
J antughna	: anti-microbial
Jatharagni	: digestive fire
Jivaniya	: vitalizing herb
Jwara	: fever, pyrexia
Jawaraghna	: anti-pyretic
K aishor	: youth, teenage
Kajjali	: black mercurial, mercury-sulphur compound
Kanaka	: gold
Kanthya	: beneficial to throat, demulcent
Kantivardhaka	: complexion promoting
Kapha	: the bodily water humour
Karnapurana	: medication into ear

Kasa	: cough
Kasaghna	: anti-tussive
Keshya	: promoting hairgrowth
Kleda	: water contents in the body
Kola	: that improves taste
Koshtha	: trunk
Krumi	: parasites, including micro organisms
Kshara	: alkali
Kshobha	: inflammation, irritation
Kushtha	: dermatoses, leprosy, skin diseases
Kushthaghna	: anti-dermatoses
Kuthar	: cutter, an alleviator
Kvatha	: decoction, quatha
L aghu	: small, light, easy to digest
Lavana	: salt, salty taste
Lekhana	: scraping body fats, reducing weight
Lepa	: medicinal paste for topical use
M adhu	: honey
Madhumeha	: diabetes mellitus
Madhura	: sweet taste
Maha aushadhi	: great medicine
Maharasa	: major substances for mercurials
Mahastrotasa	: gastro-intestinal tract
Majja dhatu	: nervous tissue
Mala	: waste, faeces
Malahara	: ointment
Malastambhana	: anti-diarrhoeal
Malavashtambha	: constipation
Mamsa dhatu	: muscle tissue
Mandagni	: low digestive fire
Manjana	: to cleanse, to rub

Meda dhatu	: fat, adipose tissue
Medhya	: intellect promoting
Medhya rasayana	: rejuvenative to nervous tissue
Modaka	: bolus formed medicine
Mrudvika	: raisins
Mrudjanya pandu	: soil ingestion leading to worms and anaemia
Mutrakrichhra	: dysuria
Mutrakrichhraghna	: alleviating dysuria
N avaratna	: nine gems
Nasya	: nasal administration of medicines
Netrabindu	: eye drops
Nirama	: devoid of ama
Nirwapan	: dipping heated substance into water
O jas	: quintessence of body tissues
Ojokshaya	: depletion of ojas
P achaka pitta	: a subtype of pitta dohsa, digestive juice
Pachaka	: digestant
Pachana	: digestion
Panchakarma	: five purification procedures
Panchanga	: five parts of plant – root, leaf, flower, fruit and stem
Pandu roga	: anaemia
Parpati	: flattened thin discs of medicine
Phakka roga	: rickets
Phala	: fruit
Phalottama	: the best fruit
Pichu	: cotton swab dipped in medicine
Pinasa	: sinusitis, chronic cold
Pishti	: fine processed powder
Pitta dosha	: the bodily fire humour
Pittasravi	: cholegogue

Pliha	: spleen
Plihaghna	: alleviating splenic diseases, plihari
Pliha sankochaka	: causing splenic contraction
Poshaka rasa	: nutrient plasma
Prabhava	: special potency of herbs
Pradaraghna	: alleviating excessive uterine bleeding
Prahara	: duration of three hours
Prakopa	: aggravation
Prameha	: diabetes
Prana	: a subtype of vata dosha
Pratishyana	: common cold
Pravahika	: dysentery
Purisha	: faeces, stools
Putra	: heating process
Putapaka	: roasting within closet
Quatha	: decoction, kwatha
Rajas	: principle of energy, activity and emotions
Rajayakshma	: the king of diseases – tuberculosis
Rakta dhatu	: blood
Raktapitta	: bleeding diathesis
Raktastambhana	: arresting bleeding, styptic, haemostatic
Rasa	: taste, essence, mercury
Rasa dhatu	: plasma
Rasayana	: rejuvenative, prevents decay, postpones aging
Rechana	: purgative
Sahasraputi	: thousand times processed with heat
Samana	: a subtype of vata dosha
Samavata	: associated with ama
Samavayu	: flatulence associated with ama
Samshamana	: pacifying
Sanjivani	: bestowing life

Sandhaniya	:	promoting fracture healing
Sangrahani	:	colitis
Sara	:	mobile attribute
Satwa	:	starch
Sattva	:	principle of light, perception, intelligence
Shamaka	:	pacifying
Sharkara	:	sugar
Shatadhauta	:	hundred times washed
Shataputi	:	hundred times processed with heat
Shirapurana	:	medication on the head
Shlipada	:	filariasis, elephantiasis
Shotha	:	oedema, swelling
Shothahara	:	alleviating oedema
Shramahara	:	relieving fatigue
Shukra dhatu	:	semen, reproductive tissue
Shukra stambhana	:	curbing premature ejaculation of semen
Shwasa	:	dyspnoea, asthma, breathlessness
Siddha	:	medicated
Sita	:	rock candy
Smruti	:	memory
Snehana	:	oleation
Snehopaga	:	oleating adjunctive
Snigdha	:	unctuous
Sransana	:	mild laxative
Srotasa	:	bodily channel, system
Srotorodha	:	blockage in subtle body channels
Stambhana	:	arresting
Suvarna	:	gold
Suryaputi	:	processed in sunlight
Svarya	:	beneficial for voice
Sweda	:	sweat
Swedana	:	sudation

Swedavaha	: srotasa related to sweating
Taila	: oil
Tamaka shwasa	: bronchial asthma
Tamasa	: principle of inertia, dullness, darkness
Tamra	: copper
Tikshna	: sharp, acute, irritant
Tikta	: bitter taste
Tridosha	: three body humours – vata, pitta and kapha
Trikatu	: three pungents – Shunthi, Maricha, Pippali
Triphala	: three myrobalans – Haritaki, Bibhitaka,
Amalaki	
Twak	: skin
Udara	: ascites
Udarda	: urticaria
Udarda prashamana	: anti-urticarial
Udgharshana	: dry powder massage
Unmada	: hysteria, mania
Upadhatu	: subsidiary tissue
Upanaha	: poultice
Uparasa	: minor substances for mercurials
Urustambha	: heaviness and pain in thighs
Ushna	: hot, heating
Uti	: a thin paste application
Vacha	: to speak, sweet flag – <i>Acorus calamus</i>
Vaishwanar	: fire, digestive fire, agni
Vajikarana	: aphrodisiac
Vanti	: vomiting
Vardhamana	: in ascending order
Vardhini	: a promoter
Varti	: stick shaped elongated tablet
Vata	: the bodily air humour

Vatarakta	:	gout
Vati	:	tablet
Vidhwansa	:	destruction
Vikasi	:	displacing ojas from dhatus
Virechanopaga	:	adjunct to purgation
Vishwabhaishajya	:	universal medicine ginger
Vrana shodhana	:	promoting wound cleansing
Vrana ropana	:	promoting wound healing
Vrushya	:	aphrodisiac, augmenting semen
Vyavayi	:	quickly diffusing
Yakshma	:	disease, tuberculosis
Yakshmaghna	:	anti-tubercular
Yantra	:	apparatus, instrument
Yogavahi	:	catalytic agent

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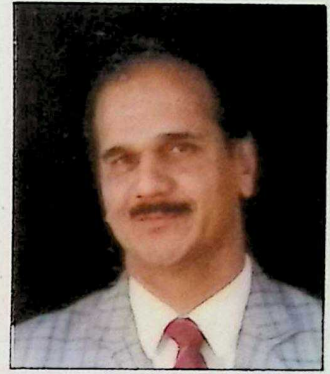
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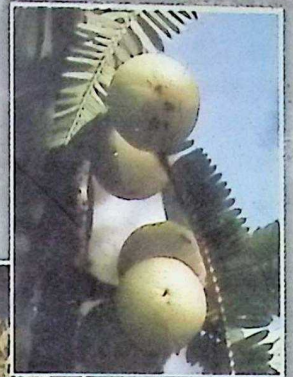
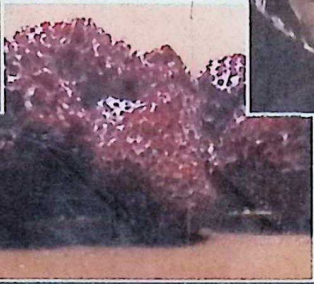


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